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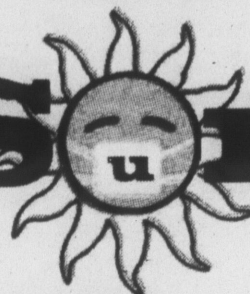
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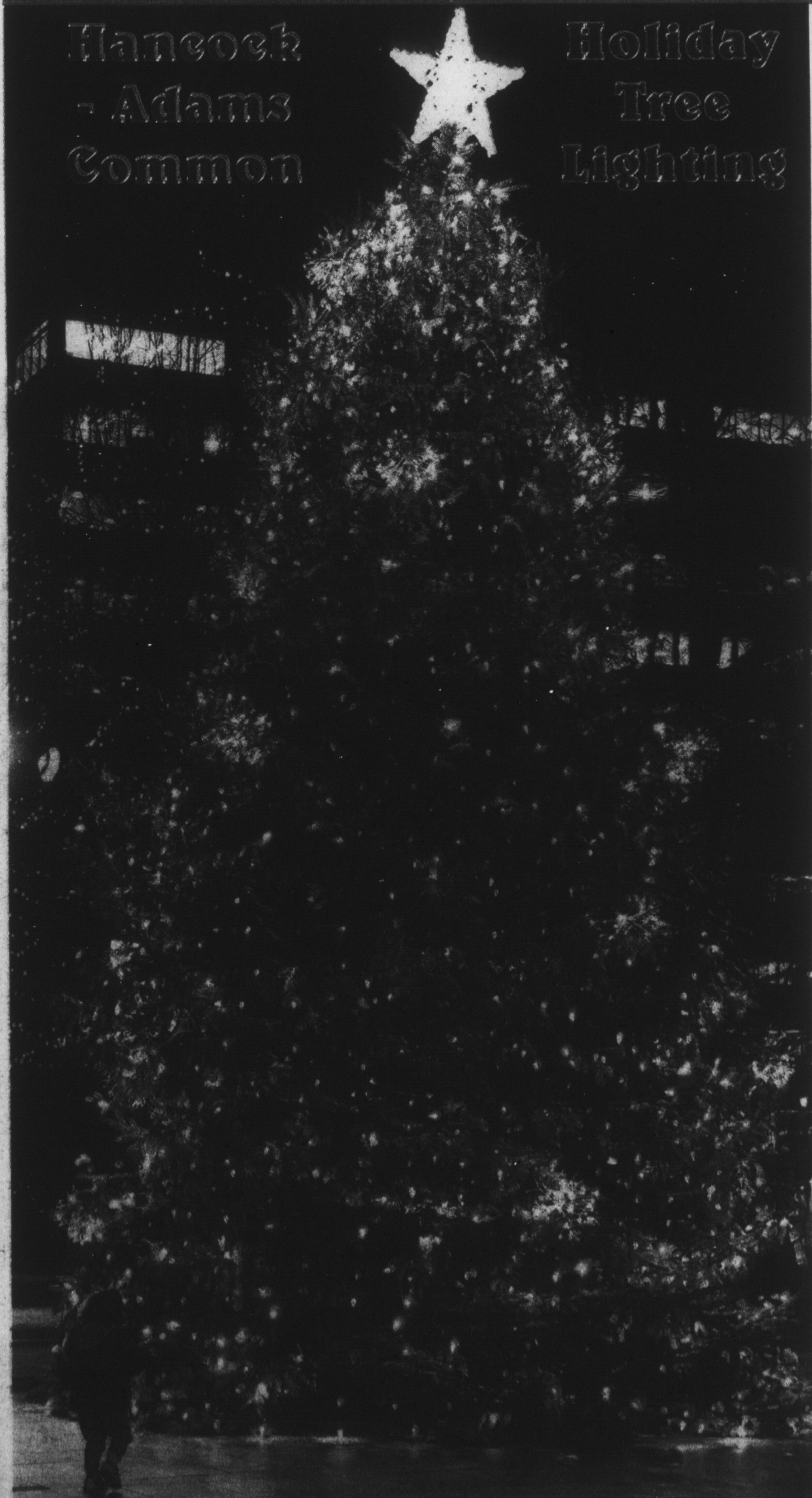


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TREE TYKE - A young child gets a close up look at all of the lights illuminating one of two Christmas trees on the Hancock-Adams Common. The lights on the common were turned on last Friday night marking the official start of the holiday season in Quincy.
Quincy Sun Photo/Robert Bosworth

Helping Hands Stepping Up This Holiday Season

What Charities Need, How Public Can Help

By SCOTT JACKSON

Now, more than ever, local charities need your help this holiday season to provide assistance to the individuals and families they serve.

Quincy's non-profits report they are serving more clients this year than they have in the past with so many residents impacted by the pandemic. To help meet the ris-

Cont'd On Page 4

Wreaths Across America Volunteers Needed

Veterans' Graves To Be Decorated With Holiday Wreaths Dec. 19

Volunteers will place wreaths on the graves of thousands of veterans interred in the city's cemeteries as part of National Wreaths Across America Day on Dec. 19.

There will be a brief ceremony at noon that day at Mount Wollaston Cemetery, followed by the placing of remembrance wreaths

on our veterans' graves across seven cemeteries in Quincy. Those wishing to assist in the placing of wreaths can go to either Mount Wollaston Cemetery or Pine Hill Cemetery, according to Christine Cugini, the initiative's local organizer.

Cont'd On Page 4



WREATHS ACROSS AMERICA Day is Saturday, Dec. 19. Volunteers are needed to help place wreaths on veterans' graves at Mount Wollaston and Pine Hill Cemetery starting at noon that day. *Photo Courtesy Christine Cugini*



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More Quincy news:

The Quincy Sun.com

12 Strategies For Avoiding Holiday Weight Gain

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

It is reported that the average American adds approximately 5 pounds of body weight during the month of December, then spends the next several weeks trying to lose as much of the excess weight as possible.

Unfortunately, many people are unsuccessful in their weight reduction efforts, and regret gaining the extra holiday weight in the first place. Most would agree that it is better to prevent unwanted weight gain than to try to remedy the situation later.

How can we more effectively approach the family dinners and abundant food supplies so prevalent throughout this month? Here are a few suggestions for sensible eating and exercise over the Christmas, Hanukkah, and New Year's Holidays.

12 Strategies For Avoiding Holiday Weight Gain

1. The first suggestion, which should be followed year round, is to drink water frequently throughout the day. Our bodies consist mostly of water, and it is unquestionably our most essential nutrient. Drinking cold water serves as a mild appetite suppressant and burns calories as it warms to body temperature. Con-

sider taking a small drink whenever you pass a water cooler, or keeping an insulated water bottle nearby and drinking from it at regular intervals.

2. The second suggestion is to eat low-calorie fruit and vegetable snacks rather than high-calorie snacks/foods such as donuts, muffins, pastries, sandwiches, pizza slices, fast-foods, or vending machine selections. Although apples, oranges, pears, carrot sticks, celery sticks, pepper slices, and cherry tomatoes may not be your first choice, they can be highly satisfying and prevent the calorie overload that might otherwise occur with standard snack foods and large holiday meals.

3. The third strategy is to eat high fiber foods, such as vegetables and whole grains, to aid gastrointestinal transit processes. Also, dried fruit, such as prunes and figs, are better choices than typical high-sugar foods for satisfying sweet cravings, as these have relatively high fiber levels, nutritional value, and very low fat content. Abundant in the holiday season, dried fruit presents an excellent alternative to less healthy and more fattening foods such as cookies, cakes, pies, pastries, and

candy. Just don't eat too much dried fruit as the low water content results in considerably more calories than fresh fruit.

4. The fourth strategy is to eat less food for lunch on days that you have dinner events. While you don't want to reach dinner time semi-starved, it makes sense to eat somewhat less for your noon meal when you are very likely to eat somewhat more for your evening meal.

5. The fifth recommendation is to make wise decisions in your food selections, especially at dinner events. Don't be afraid to be different. Whenever possible, choose less fattening entrees, such as broiled fish or baked chicken; select healthier soups and salads with lighter dressings; consume butter and cheese sparingly; and try to avoid gravies, sauces, and processed foods.

6. The sixth recommendation is to say "no" to dessert sampling. Many holiday dinners come with a variety of delicious desserts, and you may be tempted to sample several of them, even if just to please the people who made them. Be polite, but adamant. Simply say that all of the desserts look superb, but you have vowed to forgo deserts to prevent

weight and walking pace. calorie overload and the resultant weight gain (or to eat no more than one dessert per day to avoid too much of a good thing). Most of your friends will understand and many may even follow your excellent example.

7. The seventh suggestion is to exit food-laden events at a reasonable hour. In addition to sleep deprivation that runs rampant during the holidays season, staying longer at gatherings usually leads to greater food consumption and extra calories. Participate fully in the festivities, but be one of the first to call it a night for your health's sake.

8. The eighth suggestion is to avoid or at least limit alcohol consumption. With all of the other high-calorie foods typically eaten during the winter months, alcoholic beverages can only make matters worse. Keep in mind that alcohol contains almost as many calories per gram as fat, so the fewer alcoholic drinks the better from a weight gain perspective.

9. The ninth strategy is to do some daily aerobic activity to condition your cardiovascular system and to burn extra calories. For example, a 30-minute walk requires about 200 calories depending on your body-

weight and walking pace.

10. The tenth strategy is to do at least 2 sessions of resistance exercise each week to condition your muscular system and to increase your metabolic rate, resulting in more calories burned throughout the day. Although 30 minutes of circuit style strength training also uses about 200 calories, this activity has the additional benefit of an accelerated metabolism. In a Tufts University study, a basic and brief strength training program produced a 7-percent increase in resting metabolic rate and a 15-percent increase in daily calorie requirements.

11. The eleventh recommendation is to find a family member, friend, or co-worker who will agree to help you implement a healthy eating and exercising program for avoiding holiday weight gain. Your helper in this preventive strategy should be someone who not only talks the talk, but also walks the walk. Ideally, this individual should be both an encourager and an example, and (if possible) a training partner.

12. The twelfth recommendation for holiday season survival is related to human survival. While it is tempting to say that the holidays come once a year, and to rationalize that you can lose the extra weight



WAYNE WESTCOTT

through your 2021 New Year resolutions, the reality is a more serious health problem. Most people don't lose all the extra holiday weight, which is one reason more than 35 percent of all Americans are overweight and another 35 percent are obese.

Because overweight individuals are more susceptible to many physical problems, including low back pain, heart disease, stroke, diabetes, and some types of cancer, we should take preventive measures during the holiday season. So, please consider a sensible approach to eating and exercising from now to January, and continuing throughout the New Year.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks.

BAYVIEW North Quincy
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102	3	2M	1419	\$ 669,000.00	\$ 471.46	1	
103	2	2M	1243	\$ 619,000.00	\$ 497.99	1	U
104	2	2M	1016	\$ 489,000.00	\$ 481.30	1	U
200	2	2M	1312	\$ 609,000.00	\$ 509.91	1	
201	2	2	1318	\$ 649,000.00	\$ 492.41	1	
202	3	2M	1354	\$ 609,000.00	\$ 449.69	1	
203	3	2.5M	1641	\$ 799,900.00	\$ 487.45	1	
300	2	2M	1332	\$ 609,000.00	\$ 502.25	1	
301	2	2	1319	\$ 649,000.00	\$ 499.62	1	
302	3	2M	1399	\$ 609,000.00	\$ 478.20	1	U
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Renovations Complete At Manet Houghs Neck Site

Aesthetic Upgrades, Improved Accessibility At Community Health Center, 1193 Sea St.

The City of Quincy and Manet Community Health Center (Manet) announce that renovations to the health center's founding site at 1193 Sea St. in Houghs Neck are complete, and the newly modernized and accessible site is open and welcoming patients.

The project, completed with funding from the City's Community Development Block Grant (CDBG) program, provides aesthetic upgrades throughout the clinic and improves accessibility for patients with disabilities and families by creating larger examination rooms and reconfiguring clinical work areas. Construction management was provided by the City's Department of Public Buildings, and grant management was provided by the City's Department of Planning and Community

Development.

"The City of Quincy is very proud of its strong and fruitful partnership with Manet, which began over forty years ago," said Mayor Thomas Koch. "The city's investment of CDBG funding to Manet has been hailed as a national model by the federal government, but even more importantly, Manet is a lifeline to its patients here in Quincy and across the region."

"We couldn't be happier with the beautiful renovation," said Manet's CEO Cynthia Sierra. "Not only does it look warm, welcoming and modernized for our patients and the community, the new space functions markedly better and accommodates both patient and clinical and administrative staff needs. We are humbled and grateful to the City of

Quincy for their partnership and support throughout all phases of this project and we know that our patients will be very delighted with the design outcomes."

Architectural services were provided by DiGiorgio Associates in Boston, and construction was provided by L&L Contracting based in Braintree.

Manet first opened its doors in 1979 at its Sea Street location in Houghs Neck, where it is co-located with the Houghs Neck Community Center. Today, the health center site in Houghs Neck serves more than 2,100 patients of all ages and offers a full range of services which complement primary care including nutrition services, disease management, behavioral health and substance use disorder treatment.



RENOVATIONS AT Manet Community Health Center in Houghs Neck were recently completed. Shown here outside the center at 1193 Sea St., are from left to right: Cynthia Sierra, CEO of Manet; Mayor Thomas P. Koch; Dr. Jennifer Sabir, Manet Houghs Neck lead provider; and Robert Griffin, President of Manet.

Photo Courtesy Lisa Aimola/City of Quincy

Keenan To Host Virtual Office Hours

State Sen. John Keenan (D-Quincy) will host virtual office hours on Monday, Dec. 7 and Wednesday, Dec. 9 from 6 to 7:30 p.m.

Office hours, which in the past have been held in person in locations across Abington, Braintree, Holbrook, Quincy and Rockland, are now being held online to offer constituents a

safe option to meet with the Senator.

Sen. Keenan will meet with constituents who pre-register for this event for 15 minutes each, during which time they can speak with him about any issues that interest them. Conversations about the district and state government are encouraged.

Constituents can register

online by visiting <https://bit.ly/3pSdBux> or the Senator's Facebook page at <https://www.facebook.com/sen-johnfkeenan>.

Constituents are encouraged to reach out directly to the office at john.keenan@masenate.gov or 617-722-1494 with any inquiries or if they are unable to attend one of these office hours.

Live Online: History Of Christmas and Its Celebration In Ireland

Learn how Christmas has historically been celebrated in the Emerald Isle and how it's celebrated by many today.

The presentation, to be held at 7 p.m. Monday, Dec. 7 online, will incorporate recorded music and video to create a holiday friendly atmosphere. The history of the emergence of the Christian annual celebration in Ireland and elsewhere will be explored, along with how some of the earlier pagan traditions across Europe, including in Ireland, were incorporated.

This program will be pre-

sented by Sean Murphy, a teacher of Irish history, music and dance who was born and raised in Dublin and moved to Massachusetts in 2005.

Join on Zoom (meeting ID 890 3024 5507). Using the free Zoom app. You can call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library YouTube channel and on the library's Facebook page.

This program is sponsored by the Friends of the Thomas Crane Public Library.

Access the equity in your home or free up cash monthly Here's how...

Maybe you'd love to access the equity in your home but you're nervous about taking out an adjustable home equity line with the situation today. Or maybe you went with a shorter term and that monthly payment has become a burden. This is something that could work for you - refinance into a new 30-year mortgage. With 30-year rates still so low, lower than fixed-rate equity loans, it's definitely a home equity loan/line alternative. And also a way to free up cash monthly and make your life easier. Would a new 30-year loan be right for you? It's easy to find out. Apply online or call Angela Blanchard at 617-376-3500. Colonial Federal, a bank with ideas.



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Moments in time

THE HISTORY CHANNEL

• On Dec. 18, 1777, the new United States celebrates its first national day of thanksgiving, commemorating the American victory at the Battle of Saratoga after the surrender of Gen. John Burgoyne and 5,000 British troops in October 1777.

• On Dec. 14, 1909, workers place the last of the 3.2 million 10-pound bricks that pave the Indianapolis Motor Speedway. Since then, most of that brick has been buried under asphalt, but 1 yard remains exposed at the start-finish line. Kissing those bricks after a successful race remains a tradition among Indy drivers.

• On Dec. 19, 1968, Warner Brothers releases the movie "Bullitt," starring Steve McQueen, in Sweden, two months after its debut in U.S. theaters. Many critics consider "Bullitt" to be one of the greatest action movies ever made, because of the seven-minute car chase through the streets of San Francisco.

• On Dec. 15, 1973, Jean Paul Getty III, the grandson of American billionaire J. Paul Getty, is found alive near Naples, Italy, five months after his kidnapping. Getty had initially refused to pay the ransom, but agreed after the boy's severed right ear was sent to a newspaper in Rome.

• On Dec. 20, 1989, the United States invades Panama in an attempt to overthrow military dictator Manuel Noriega, who had been indicted in the U.S. on drug trafficking charges. His Panamanian Defense Forces were promptly crushed.

• On Dec. 16, 1998, President Bill Clinton announces he has ordered air strikes against Iraq because it refused to cooperate with United Nations weapons inspectors. Key members of Congress accused Clinton of using the air strikes to divert attention from ongoing impeachment proceedings against him.

• On Dec. 17, 2003, "The Lord of the Rings: The Return of the King," the final film in the trilogy based on the best-selling fantasy novels by J.R.R. Tolkien, opens in theaters.

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The plant called "Flor de la Noche Buena" grows in the wild as a shrub from Mexico down to South America, covering the hills with its bright red foliage. Dr. Joel Poinsett, a United States minister to Mexico in the early 1800s, was visiting an area south of Mexico City and noticed this plant's showy mid-winter color. Cuttings of it were sent to a nursery in the United States, and by 1836 the plant was widely known as the "poinsettia" and sold as a Christmas houseplant. — Brenda Weaver

Source: www.sundaygardener.net, wikipedia.org

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Helping Hands Stepping Up

Cont'd From Page 1

ing demand, those charities need additional assistance from those who can give.

Residents who can help can do so in myriad ways, such as giving food, toys, household supplies, money and gift cards. Charities are also in need of volunteers — not just in December, but year-round.

Below is a list of some of the local organizations making a difference this year and how the public can support their needs.

Interfaith Social Services

Interfaith Social Services provided meals to 1,500 households this Thanksgiving and will distribute 4,000 gifts this holiday season, according to executive direc-

tor Rick Doane. Since the pandemic began the organization has seen a substantial increase in the number of local residents reaching out for help.

Interfaith operates one of the largest emergency food programs in Greater Boston. Each year their food pantry assists more than 30,000 clients in Quincy and across

the South Shore. In addition, Interfaith operates a mental health counseling center, homelessness prevention program and a thrift shop.

The organization's food pantry serves thousands of local residents each month, said Doane, and Interfaith is always in need of food for its clients.

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Public Hearings On Electricity, Taxes Dec. 7

By SCOTT JACKSON

The City Council will hold a pair of public hearings — one on a plan to find a new provider for electricity and one on tax rates for the new year — next Monday.

Both hearings on Dec. 7 will be conducted remotely via Zoom. The meeting ID is 818 7033 6634 and the phone number for audio only is 646-558-8656.

The hearing on the municipal aggregation plan, which would allow the city to find a new provider for electricity to replace National Grid, is slated for 7 p.m. on Dec. 7.

Shelly Dein, the city's director of energy and sustainability, has said the benefits of municipal aggregation are threefold. The program,

she said, provides price stability over a two- or three-year contract rather than having rates change every six months. The program would also allow consumers to increase the share of energy they purchase from renewable sources like solar or wind. It also provides consumer protection.

The switch to a new electricity provider could happen early next year. Customers would automatically be switched to the new supplier but would have the ability to opt out of the program at any time. National Grid would continue to deliver the electricity and service and repair the electrical infrastructure in the city. National Grid would also continue to bill customers for both supply

and delivery charges and would remit payment to the new supplier.

The city partnered with Good Energy, a company based in Western Massachusetts, to develop the municipal aggregation plan. The company has helped more than 50 communities statewide — including Arlington, Brookline, Somerville, Sudbury, and Winchester — develop similar plans. Customers in those communities saved nearly \$5.4 million collectively in 2019.

The municipal aggregation plan can be viewed online at quincycity.org or at the front desk inside City Hall at 1305 Hancock St. during normal business hours. It can also be viewed at the Crane Library, 40 Wash-

ington St., after reserving it at 617-376-1300 x3 or via email at quref@ocln.org.

Comments on the plan can also be submitted in writing via email to electricity@quincyma.gov or by regular first-class mail addressed to the City of Quincy, Energy Manager at 58 Saville Ave, Quincy, MA 02169. Written comment must be received prior to noon on Dec. 7 to be entered into the record.

The hearing on taxes will follow at 7:30 p.m. on Dec. 7. Mayor Thomas Koch has said he wants to avoid increasing property taxes for homeowners next year amid the pandemic and expects to use state-certified free cash — money the city has collected but not spent — to help reach that goal.

Wreaths Across America Volunteers Needed

Cont'd From Page 1

"This is our third year participating and each year we hear from our volunteers and donors how thankful they are to participate in this mission to remember and honor our veterans and to teach the children the importance of freedom," Cugini said.

"This year has been hard on so many levels, but just a few months ago it was de-

cided to move forward with planning and fundraising and work towards another successful National Wreaths Across America Day."

Volunteers will be required to wear a mask and stay six feet away from other volunteers. The ceremony at Mount Wollaston will be contactless and other adjustments will be made if necessary.

The ceremony will be

recorded by Quincy Access Television for those who are unable to attend.

Wreath sponsorship donations can still be made online at wreathscrossamerica.org. Once there, use the menu on the top right hand corner of the page and click on search locations/groups in the sidebar to search for the Robert I. Nickerson Post (MA0036) under local sponsorship groups. You can also mail a check

to Quincy WAA, PO Box 690432, Quincy, MA 02269.

Those looking to volunteer on Wreaths Across America Day should sign up online through the same website or by emailing their name and phone number to quincywaa@gmail.com.

"Thank you to all of the volunteers and donors who continue to support the mission and help make this a success for veterans and our community," Cugini said.

Cooking With Colin: Holiday Desserts Dec. 10

Live Online: Cooking With Colin - DIY Healthy Gifts - will be held Thursday, Dec. 10 at 7 p.m. online.

The class will feature Colin McCullough who will be making desserts including Peppermint Blizzard Rolls, Orange Chocolate Bites and more.

Since McCullough became vegan in 1995, he has been finding new ways to make healthy eating convenient and delicious, especially while raising two boys with healthy appetites. McCullough teaches private and public cooking classes throughout New England, sharing his experience and

recipes with people who want to incorporate more whole-food, plant-based meals for health, compassion and the environment.

Join us on Zoom (meeting ID 873 8149 9949). Using the free Zoom app is recommended. Participants can call (646) 558-8656 and use the same meeting ID to

listen to the audio.

These programs will be live-streamed as well as recorded for future viewing. They are made possible by the support of the Friends of the Thomas Crane Library and presented in partnership with the Boston Vegetarian Society.

Passive Recreation At Beachcomber A 'Win-Win'

As a former longtime resident of Quincy and as a USAF member during the Vietnam War era, I was glad to see that Mayor Koch has proposed buying the site of the old Beachcomber club site on Quincy Shore Drive so that it could be used for passive recreational use and possibly the site for a Lone Sailor statue honoring the city's Navy veterans and

remembering the city's historical connection with the U.S. Navy.

I was so afraid that yet another piece of packing in Quincy's real estate would be turned into more residential towers which seems to be the rage of late. Every time I drive along Hancock Street in North Quincy being transformed into another little Manhattan rising up

adding more and more people with more and more cars and everyone knows that.

I think slowing down things a bit and keeping space along the beach from getting packed with more and more condos and apartments is a win-win situation. Quincy has become an

attractive place for folks to live which is a good thing but it needs to control this growth and keep things moving in a positive place for both the City of Quincy and for its people.

Sal Giarratani
East Boston

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Scenes From Yesterday



THIS IS A 1916 postcard reproduction showing the old West Quincy depot, now the site of Biondi's service station across from Curry Hardware on Willard Street. This depot was built in 1871 when the Old Colony Railroad opened for Quincy granite that was quarried in the hills overlooking it. The derrick on the left was used to

load granite blocks onto the railroad cars. The railroad tracks here were partly built on the roadbed of the first railway in America. That old right-of-way is now the path of the Southeast Expressway through East Milton and West Quincy.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1974
46 Years Ago

Hannon Calls For Stepped Up Police Action Against Crime

Mayor Walter J. Hannon met with Police Chief Francis X. Finn and superior officers to discuss plans for a stepped-up drive against the increasing number of burglaries, robberies and drug offenses in the city.

Hannon asked Finn to implement increased police protection in addition to safeguards already in effect.

Hannon and Finn also met with Dist. Atty. George Burke and with Quincy District Court officers.

They are seeking the assistance of the courts to deal with the problem of repeat offenders.

QUINCY SCOUT SUPERVISES

PLANTING OF 500 PINE SEEDLINGS

G. Fredrick Shepard, a Life Scout from Troop 42, sponsored by St. John's Church, Quincy, has taken a big step towards reaching the status of Eagle Scout.

"Fred," a 13-year old freshman at Boston College High School, organized, researched and supervised the planting of 500 eight-inch pine seedlings in the Houghton's Pond area as a service project for the Quincy Community. Each boy wishing to become an Eagle Scout must perform a service project.

Fred, the son of Mr. and Mrs. Frederick V. Shepard of 93 Center Street, West Quincy, has been planning his project for over a year. In less than 15 years the seedlings will grow to maturity forming a natural barrier between traffic-heavy Route 128 and the Houghton's Pond baseball field and tennis courts.

Fred was ably assisted by Robert Harnais, 69 Common St., West Quincy.

QUINCYISMS

Mayor Hannon was named "Man of the Year" and made an honorary member of the Quincy Police Department at the annual banquet of the Quincy Police Mutual Aid Association... Mr. and Mrs. Pasquale Mariani of 29 Dysart St., Quincy, celebrated their 50th wedding anniversary at a reception at the Braintree Sons of Italy Hall. The Marianis, she is the former Mary Chiavaroli, are the parents of three sons, Alfred, Joseph and Robert... George C. Fay, Past Exalted Ruler of the Quincy Lodge of Elks, announced that the 19th annual Celestial Palsy Christmas Party would be held at the Elks Home, 1220 Hancock St., Quincy Center, Sunday, Dec. 15... Rev. John Graham, executive director of Quincy Heritage, spoke on Quincy's plans to celebrate its 350th anniversary and the Nation's Bicentennial at the monthly meeting of the Granite City Grange... Colonial Bakery and Coffee Shop, 301 Newport Ave., Wollaston, announced a "Grand Opening Special" a Baker's Dozen (13) on all sales of bread, rolls and fresh pastries... Mrs. Grace Kelly of Quincy was a member of the committee of the Boston College High School Mothers' Guild, sponsoring a "Holly Ball" Dance at the school... Fourth grade students of Miss Diane Willard and Mrs. Susan Engorn enjoyed a Thanksgiving Day dinner at the Merrymount School, attired in Pilgrim costume. The students included Daniel McDonough, Russell Leary, Roberta Currier, Janis McAuliffe, Kathy Hussey and Michael Calahan... Anne Hogan, 14, of Vassall St., Wollaston, will perform in the holiday production of "The Nutcracker" with the Boston Ballet at the Music Hall, Boston... Marine PFC Joseph W. Lyons, son of Mr. and Mrs. Joseph F. Lyons, 14 Standish Ave., Wollaston, has completed a Communications Security course at the Marine Corps Base, Camp Hansen, Okinawa... The double feature at the Wollaston Theater, Beale St., included: "The French Connection" and "Seven-Ups." All tickets are \$1... George C. Gay, 31 Piermont St., Wollaston, was appointed to Wentworth College's Enrollment Committee. Gay is a member of the faculty at Wentworth... The Wollaston Credit Union, 651 Hancock St., Wollaston, was advertising "Special Notice Savings Accounts" at an interest rate of 6%... Econo Rental Car, 459 Southern Artery, Quincy, was offering "Car Rentals, \$8 for 24 hours, plus 8 cents a mile. Minimum mileage charges 40 miles per day"... In celebration of the opening of its new main office, Quincy Savings Bank awarded six \$200 savings accounts. Winners of the drawing were: Annie Bell, 1000 Southern Artery, Mary S. Bailer, Trask Ave., S. Rosen, 21 Charlesmount Ave., Joyce A. Ray, 14 Presidents Lane, Susan Finnegan, 49 Whitney Rd., and Alta Lee, 22 Baxter Ave.

Quincy Arts Council Grant Applications; Online Q & A, Community Input Meeting Dec. 7

Quincy Arts Council will hold a public online meeting on Monday, Dec. 7 at 6 p.m. about the application process for 2021 Local Cultural Council (LCC) grants.

The grants are the primary means by which the state funds cultural activities in local communities. Any or-

ganization, group or individual engaged in a project in the arts, humanities, or science in Quincy is invited to apply.

The Dec. 7 meeting will be an opportunity for people to ask questions the application process and to offer input about the Arts Council

and its mission.

People can find a link and information on how to join the Dec. 7 meeting at www.facebook.com/quincyartsCouncil and at www.quincyhistory.org, or by emailing quincyartsCouncil@gmail.com and request-

ing the information.

Further information about the 2021 LCC grant program and a link for filing an application can be found at www.mass-culture.org. The deadline for filing an application for a grant is Monday, Dec. 14.

'Historical Cultures In The Early United States' Quincy Historical Society Online Program Dec. 10

Quincy Historical Society will present an online program Thursday, Dec. 10 at 7 p.m. that will look at the creation of the earliest historical organizations in the United States and consider how they helped shape our understanding of our history.

Historian Alea Henle will discuss how leading citizens by the 1790s recognized the necessity of creat-

ing organizations to prevent American history from being lost. The process began with the Massachusetts Historical Society and the New York Historical Society and soon spread to the South and Midwest. The decisions the leaders of these organizations on what to record and preserve and how to do so influenced how we still understand our history; both in what they chose to include

and what they chose to leave out.

Dr. Henle's talk will be followed by a brief discussion on the role of historical organizations today.

Alea Henle is a librarian at Miami University and holds a doctorate in American history from the University of Connecticut. Her talk is based on her new book, *Saved from Oblivion: Historical Cultures in the*

Early United States, published by The University of Massachusetts Press.

Everyone is welcome to attend. A link to the meeting is posted on the Historical Society website, www.quincyhistory.org and at www.facebook.com/quincyhistoricalsocietyandmuseum.

The information can also be requested by emailing info@quincyhistory.org.

Tara Nguyen Presents At Virtual COPLAC Conference

Tara Nguyen of Quincy was among 12 Eastern Connecticut State University students who presented at the first-ever virtual meeting of the Northeast Regional Undergraduate Research, Scholarly and Creative Activity Conference on Nov. 7.

Hosted by Eastern and sponsored by the Council of Public Liberal Arts Colleges (COPLAC), the conference featured the scholarly research and creative works of approximately 80 students from nine public liberal arts institutions across the Northeast.

Nguyen is a senior sociology major. Her oral pre-

sentation was titled "The Achievement Gap within the Asian-American Com-

munity: Disaggregating Asian-American Ethnic Groups to Dismantle the

Model Minority Myth" and was mentored by Professor Nicolas Simon.

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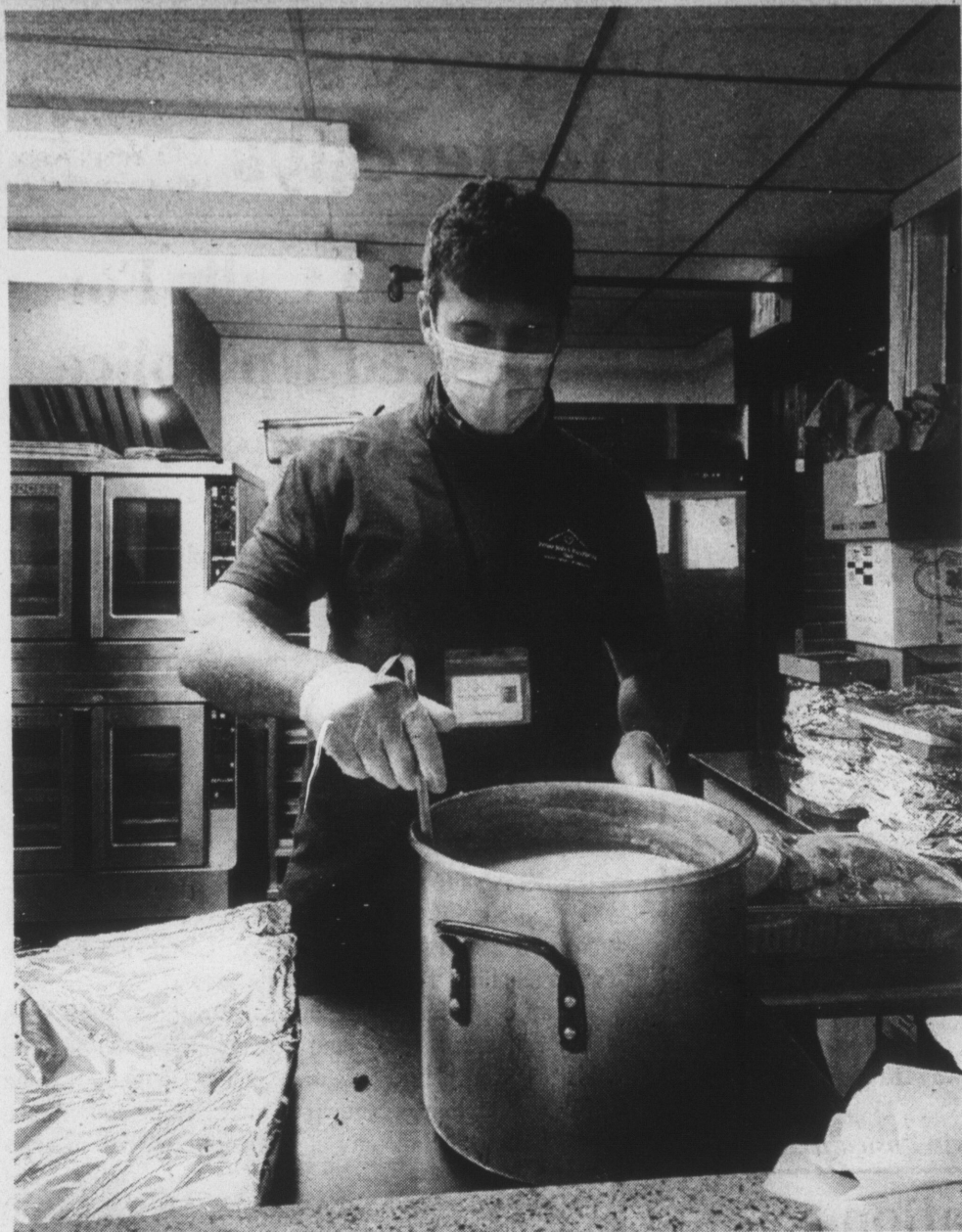
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FATHER BILL'S & MAINSPRING (FBMS), a 501(c)(3) non-profit organization dedicated to ending homelessness in Southern Massachusetts, provided approximately 1,000 Thanksgiving meals to local residents in need Nov. 26, offering home deliveries in addition to hosting dinners for guests of its emergency shelters in Quincy and Brockton. *Courtesy Photos*

Regional Non-Profit Provides 1,000 Meals On Thanksgiving

Father Bill's & MainSpring Expands Delivery Program To Keep Tradition Going Amid COVID-19

Father Bill's & MainSpring (FBMS), a 501(c)(3) non-profit organization dedicated to ending homelessness in Southern Massachusetts, provided approximately 1,000 Thanksgiving meals to local residents in need Nov. 26, offering home deliveries in addition to hosting dinners for guests of its emergency shelters in Quincy and Brockton.

Though FBMS couldn't hold traditional in-person community meals this year due to COVID-19, the agency's network of sup-

porters stepped up to ensure that everybody in need this Thanksgiving could receive a dinner that included turkey, several side dishes, and pie. The agency secured individually packaged meals from Hardy Catering in West Bridgewater and expanded its meal-delivery program, setting a record for the most meals FBMS has ever provided in a single day.

"When we started planning for this year's Thanksgiving program back in the summer, it was never

a question of if; it was a question of how," John Yazwinski, FBMS President & CEO, said. "Thanks to our amazing community, we were able to overcome all of the logistical and financial challenges created by COVID-19 to make sure nobody struggling on Thanksgiving went hungry. Many of our neighbors in need are elderly or are immunocompromised, so we are incredibly grateful to our donors and volunteers for helping provide every individual with safe and socially distanced

access to a Thanksgiving dinner."

The agency's meal-delivery operation was based out of Christ Episcopal Church in Quincy, where approximately 60 volunteers assembled and delivered more than 450 meals to homes across the South Shore — a 50 percent increase from last year's home-delivery program. In adherence with social distancing guidelines, all deliveries were contactless Thursday.

Another 150 meals were provided to guests staying at Father Bill's Place emergency shelter in Quincy and a satellite shelter at Best Western in Quincy. An additional 400 meals were provided in Brockton to guests of the MainSpring House emergency shelter,

guests of the satellite shelter at the Rodeway Inn, tenants living in FBMS' permanent supportive housing, and Brockton-area residents who picked up meals at a designated outdoor location.

Donations to a special Thanksgiving Fund allowed FBMS to meet this year's added costs. As of the latest count, \$31,640 had been raised toward the fund. Two South Shore donors, who wished to remain anonymous, contributed \$7,500 to the fund as part of a matching-gift challenge.

Hingham Congregational Church historically has donated all of the turkeys for FBMS' community dinner in Quincy. When the agency decided to cater the meals this year due to COVID-19, Hingham Congregational

Church made a generous monetary gift in lieu of the turkey donation.

New supporters of our Thanksgiving program this year included Greater Boston Plumbing Contractors Association, the Harvard Pilgrim Health Care Foundation, Duff & Phelps — Boston, and SK & Associates.

Easton Knights of Columbus, Council #238 donated 118 full-size pies to FBMS in partnership with Montilio's Baking Company and Roche Bros. Supermarkets. In addition, Table Talk Pies of Worcester, donated 720 individually packaged 4-inch pies.

For more information on how the public can assist their neighbors in need, visit helpfbms.org/holidays.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

www.qatv.org
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Public Access Channel 8

Thursday, December 3
5:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, December 4
11:30am: Currently in Quincy
7:00pm: AM Quincy: Rep. Tackey Chan

Saturday, December 5
12:30pm: In the Know: Wreaths Across America
1:00pm: The Call

Sunday, December 6
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, December 7
11:30am: Currently in Quincy
7:00pm: Sound Advice

Tuesday, December 8
7:00pm: AM Quincy: Mayor Thomas Koch
7:30pm: Quincy in Focus

Wednesday, December 9
5:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, December 3
4:00pm: Zoning Board of Appeals 12/1
8:30pm: Fire Prevention & You: Home Fire Safety

Friday, December 4
1:30pm: QHS & NQHS Choirs Holiday Concert 2019
8:00pm: Aging With Humor w/Sister Lois Connors

Saturday/Sunday, December 5/6
3:00pm: At the Library: Genesis Chamber Singers
4:30pm: Zoning Board of Appeals 12/1
6:00pm: TCPL Resources: Father Bills Mainspring

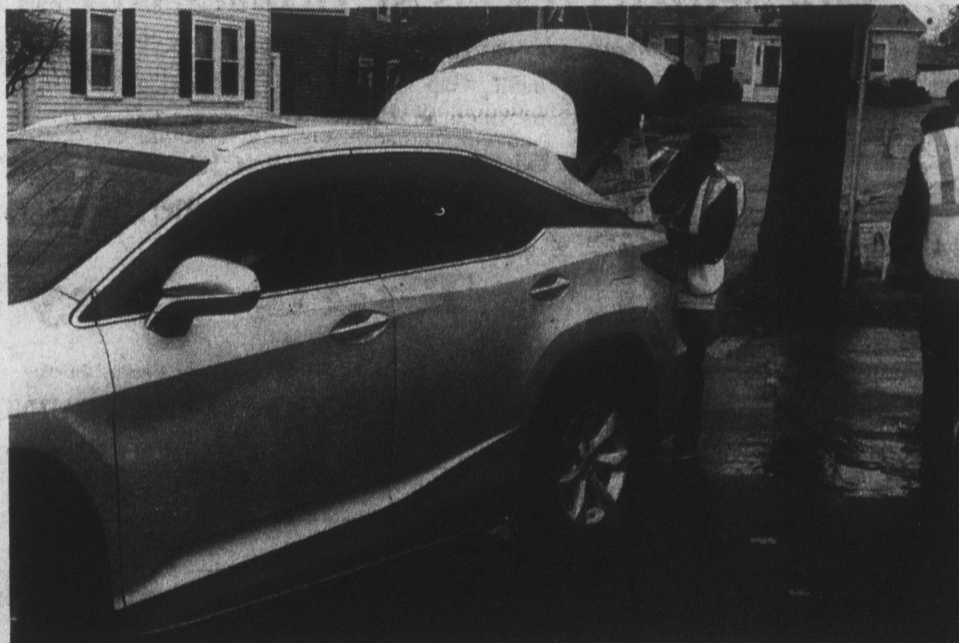
Monday, December 7
7:00pm: LIVE: City Council: Public Hearing
Municipal Aggregation
7:30pm: LIVE: City Council: Pub Hear/Tax Rate FY'21
7:50pm: LIVE: City Council

Tuesday, December 8
1:30pm: Merry Christmas & Happy New Year
1:45pm: Boston Guitar Orch: Sounds of the Holidays
4:00pm: LIVE: Board of License Commissioners

Wednesday, December 9
1:30pm: Holiday Spirit: A Play
5:30pm: LIVE: Quincy School Committee

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



FATHER BILL'S & MAINSPRING secured individually packaged meals from Hardy Catering in West Bridgewater and expanded its meal-delivery program, setting a record for the most meals FBMS has ever provided in a single day.

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Social Security Matters Ask Rusty: No Simple Answer To Question On When To Claim Benefits

By RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Rusty: I'm almost 59 and hope to retire from working soon. Should I take Social Security as soon as possible, or wait for the maximum amount? **Signed: Planning Ahead**

Dear Planning Ahead: I'm afraid there's no simple answer to your question, except "it depends." It depends on your health; it depends on your need for the money when you retire; and it depends on your life expectancy. Plus, your marital status may also influence your decision on when to claim.

First of all, you cannot claim your Social Security retirement benefit until you are at least 62 years old. But if you claim at 62 your benefit will be cut by 30% from what it would be if you waited until your full retirement age (67). You actually have an 8-year window starting at age 62 and lasting until age 70 to claim your Social Security benefit. The earlier in that window you claim, the smaller your benefit will be. And the longer you wait to claim (up to age 70), the higher your benefit will be.

At age 70, your benefit will reach maximum at 24% more than it would be at age 67, and 76% more than it will be at age 62. Essentially, if you are in good health, don't urgently need the money earlier, and expect to enjoy at least "average" longevity (about 85 for a man your age today), you will not only get a much higher monthly benefit, but also collect much more in cumulative lifetime benefits by waiting until age 70 (or as long as you can) to claim. Of course, no one knows how long they will live, but there are online tools which can assist you with estimating your life expectancy. One relatively simple and user friendly tool is available from Social Security at this link: <https://www.ssa.gov/oact/population/longevity.html>.

Conversely, if you are not in good health and don't expect at least average longevity, or if you urgently need the money when you retire from working, claiming earlier may also be a prudent choice. If you are married and you predecease your wife, her survivor benefit will be based upon the benefit amount you are actually receiving, so by waiting to get a higher benefit for yourself you are also enhancing your wife's eventual benefit as your widow, should you pass before her.

Be aware too that, should you decide to go back to work, until you reach age 67 you'll be subject to Social Security's "earnings test" which limits how much you can earn before Social Security takes back some of your benefits (the 2021 limit is \$18,960 and if that were exceeded, they'd take back benefits equal to half of the amount it was exceeded by). The earnings limit changes annually but goes away at your full retirement age.

So, these are the things you should consider in deciding when in that 8-year window to claim your benefits. I cannot directly answer your question for you, but I hope the above gives you what's needed to make an informed decision on when to claim your Social Security benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Social St. Joseph's Society Of Boston Cooks, Distributes 650 Turkeys For Veterans, Needy

By FRANK MAZZAGLIA

If the people in the picture above look a little tired, they should be.

This is the crew from the St. Joseph's Society of Boston that cooked and distributed 650 turkey dinners to the New England Center for Homeless Veterans, to the Amy Lowell House and to the Beacon House as well as to some of the neediest families in Boston's North End. It was a project that took up a lot of energy and time for several days before Thanksgiving.

The Thanksgiving project would not have been possible without the capable touch of Donato Frataroli and his magnificent chef Pino of Quincy's Victoria Point. Even Fratorelli's Il Molo Restaurant in Boston's North End pitched in as well.



VOLUNTEERS FROM THE St. Joseph's Society of Boston that cooked and distributed 650 turkey dinners to the New England Center for Homeless Veterans, to the Amy Lowell House and to the Beacon House as well as to some of the neediest families in Boston's North End. Pictured left to right Chef Pino, Jimmy Martorano, Marnie Martorano, Victor Catricala, Mimi Geloso, and Donato Frataroli, proprietor of Victory Point in Quincy.

Photo by Tommy Colbert Photography

Then came the task of delivering 650 turkey dinners. That job fell to Eddie Summers, a Quincy resident and president of the St. Jo-

seph's Society and his vice president, Anthony Boyd who were assisted by volunteers at St. Leonard's par-

ish supervised by the pastor himself, Fr. Michael Della Penna, OFM.

All in all, a job well done.

Grow Frilly, Bold And Unique Amaryllis Indoors

By MELINDA MYERS

When squirrels are busy storing nuts for winter, it's time for gardeners to start gathering amaryllis bulbs to sustain them through the dreary months ahead. Ordering now will ensure you have lots of choices, so you can select an assortment of different flowers styles, colors, and bloom times.

The flowers of double amaryllis are packed full of petals and sure to brighten any day. Double King lives up to its name with three or more layers of brilliant red, velvety petals. Each bulb produces multiple flower stems, so you'll enjoy weeks of blossoms.

Sweet Nymph is another double and its softer coloring is equally beautiful. The flowers feature layers of creamy white petals with coral pink stripes and are sure to add a bit of romantic charm to your winter.

Add some energy to your indoor décor with amaryllis Dancing Queen (longfield-gardens.com). The bold eight-inch blooms are comprised of layers of ruffled snow-white petals with delicate scarlet-red stripes.

The flowers of Exotic Star have an unusual shape and color that have earned it lots of fans. The asymmetrical petals are parchment-white with narrow, garnet-red stripes and apple green highlights.

Bring in some fresh spring green color with amaryllis Evergreen. Pale chartreuse petals give it a fresh, modern look. Each bulb produces two stems with four to six flowers each. Enjoy them as a living bouquet



SWEET NYMPH double amaryllis has layers of creamy white petals decorated with coral pink stripes.

Photo courtesy of Longfield-Gardens.com

or cut a few stems to display in a vase.

Grow Ice Queen when looking to add elegance to your winter décor. Its enormous, frosty white flowers have lime green accents and combine nicely with evergreen boughs and holiday decorations. Plant the bulbs by early November to get flowers for the holidays.

Charisma is another variety that blooms in early winter. The two-tone petals

have a unique ombre effect. Enjoy the changing colors this variety exhibits as it transforms from bud to fully open flower.

Amaryllis are long lasting cut flowers and the variety Picotee is no exception. Each of its pure white petals are outlined with a very thin red line. A lime-green center adds freshness. Beautiful displayed in a pot or in a vase.

Rosy Star is another

eye-catching amaryllis with snowy white blossoms that are decorated with brush stroke highlights in three shades of pink. The apple green throat adds to this variety's elegance and appeal.

As more people discover the joy of growing amaryllis, flower breeders are busy introducing new cultivars. Gervase is a good example of these exciting new options. Each blossom is a little different, with ruby-red petals adorned with variable stripes and veining. You will have plenty of blooms to enjoy as large bulbs can produce twelve or more spectacular blossoms.

Maximize your enjoyment by growing your amaryllis where you can watch the daily transformation, from the first bud breaking through the soil until the flowers begin to unfurl.

Growing amaryllis indoors will keep you gardening all year round, no matter where you live. You'll enjoy the mood-boosting benefits and stress relief, and the colorful blossoms are sure to brighten your winter days.

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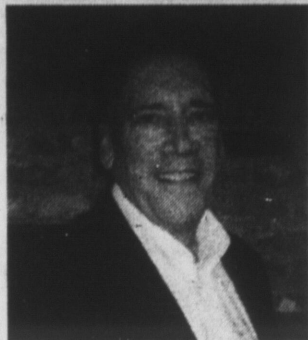
Former Quincy Educator Publishes Sixth Novel, 'The Switch'

Thomas Hall, a former English teacher at Quincy High School, has published his sixth book entitled "The Switch."

This is Hall's sixth novel, and the fourth in his mystery/thriller series.

In "The Switch," Walker and Munoz return to the scene of their first investigation. But this time it's a cold case, and many of today's modern investigative tools won't help them solve it.

As they make some painstakingly slow progress, additional challenges stymie their efforts. And then a new present-day crime, precipitated by the revelations surrounding the cold case,



THOMAS HALL

force them to shift their focus entirely.

When the investigation begins to stall again, they get new information and evidence from two unlikely sources. But can they use it ... or trust it ... and will it be enough?

Hall started his teaching

career in Quincy as an English teacher at Quincy High School. After seven years he became assistant principal at Broad Meadows Middle School, then principal of Atlantic Middle School, and later principal of Broad Meadows Middle School before moving to New York as the principal of Cold Spring Harbor Junior/Senior High School.

In 2003, Hall moved back to Massachusetts to become the principal of The Bromfield School in Harvard, MA. He and his wife, Marcia, live in Central Massachusetts have three adult children and six grandchildren.



NEW ENGLAND COFFEE, a division of Rely Foods Company, has been traveling across the region since the beginning of November delivering coffee breaks to the doorsteps of area schools, including North Quincy High School (photos shown here). Courtesy Photos

New England Coffee Celebrates Hardworking Teachers With Traveling Coffee Breaks

'Thank You Campaign' Stops At North Quincy High School

New England Coffee, a division of Rely Foods Company, recently released a new video as part of its ongoing #ThankYouBreak campaign.

Coffee breaks have long been associated with providing a moment of rest from hard work and, believing no one is more deserving of a special coffee break than our educators, New England Coffee has been traveling across the region since the beginning of November delivering that very thing to the doorsteps of area schools.

"It has never been more important to show our gratitude to the educators in our communities," shared Melissa Gilreath, director of Marketing for New England Coffee. "Delivering a coffee break is the best way for our company to thank the teachers and support staff who have always been at the cornerstone of our communities, but now must work even harder to overcome the challenges associated with COVID-19. They teach in towns and cities across the region where our employees live and where New

England Coffee has been served for over 100 years. They have certainly earned a small break in their day to receive our thanks and drink some coffee."

In order to take the #ThankYouBreak tour on the road, New England Coffee is utilizing their very own Free Coffee Café, a coffee shop on wheels designed to invoke the style of a hometown diner and displaying a large "Thank You Teachers" across the glass window. Participants are also encouraged to fill gift bags with single serve pods, bottles of ready-to-drink iced coffee and sample-size ground coffees from New England Coffee to take home for future coffee breaks.

Since the beginning of November, the Free Coffee Café has served up over a thousand cups of freshly-brewed hot and ready-to-drink iced coffee at schools across the region including North Quincy High School, Diman Regional Vocational Tech High School, Southeastern Regional Vocational High School, Newton Elementary, Blue Hills Re-

gional Technical School, Taunton High School, and Andover High School in Massachusetts, as well as Barnard School, North Hampton School, Grinnell Elementary, and Concord High School in New Hampshire.

There are at least six more school visits planned in upcoming weeks, including a stop at Portland High School in Portland, ME, and the Malden YMCA in Malden.

While this is the first #ThankYouBreak tour, the traveling coffee breaks have proven so rewarding to educators and staff that New England Coffee hopes to keep the #ThankYouBreak going. The campaign includes the use of the #ThankYouBreak hashtag to encourage others to participate in taking a break from everyday events to thank others.

The video captures the success of the event thus far and will be used as part of a larger social media initiative to further highlight these schools and the incredible work they are doing.

WHAT'S COOKING

with Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



Waffle-Wich

A wonderful way to make Hash Browns

By MARIE

Recently I found a recipe for hash browns and when I told my daughter Ann Marie about it, she said she has been making these for years. I thought it was a new way of making hash browns as they are delicious and easy to prepare as you will see.

You will need a heated waffle iron to make this dish.

1 large potato (more or less depending on how many you are going to feed)

Vegetable oil or butter to coat waffle iron sections

Salt and pepper to taste.

- With a cheese grater shred the potato skin on or off - your choice
- Once shredded, place on a paper towel to get any excess moisture out. (some potatoes have more moisture than others)
- Season with salt and pepper to taste.
- After you shred the potatoes brush waffle iron sections with olive oil or melted butter making sure to brush the waffle iron

while it is hot.

Place potatoes evenly on the square waffle section, it does not matter if the waffle iron has round or square sections it is fine to make this recipe using either type.

Spread the potato on each waffle section. Cook until done.

After you remove the hash browns, they will be nice and crispy, place them on a rack to cool.

Ann Marie used the hash browns as if they were bread, which is why she calls this dish a Waffle-wich. She made hamburgers and put the hash browns on the top so when you bite into them you could feel the crispiness of the potatoes.

She has also made grilled cheese sandwiches and used hash browns in place of bread.

They are very versatile, you can even just serve them with eggs, or serve them any way you want using all types of fillings. The possibilities are endless!

Healthy Protein Bars

By SUSIE

Protein bars bought at the store can be pricey, not taste so great, and may contain questionable ingredients, including too much sweeteners.

Some even contain artificial sweeteners, that I am not a fan of for a variety of reasons - one being many have bloating and gastrointestinal symptoms from consuming them.

Here is a great recipe adapted from "Oh She Glows" that are absolutely delicious, easy, and healthy. Great to grab on the go and when you want a nice pick me up snack.

RECIPE

- 1½ cups gluten-free rolled oats, blended into a flour (just throw in blender)
- ½ cup unsweetened/unflavored protein powder (I use VITAL PROTEINS collagen peptides, but there are many on the market)
- ½ cup brown rice crisp cereal (I use "One Degree" brand or Erewhon)
- ¼ to ½ teaspoon fine grain sea salt, to taste
- ½ cup natural peanut butter, almond butter, or sunflower seed butter

- ½ cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 3 tablespoons mini dark chocolate chips (I use Enjoy Life)
- ½ tablespoon coconut oil

DIRECTIONS

Line an 8-inch square pan with a piece of parchment paper. In a large bowl, mix the oat flour, protein powder, rice crisp, and salt together. Stir in the nut/seed butter, maple syrup, and vanilla. If the mixture seems dry, add a bit of non dairy milk and mix again.

Press the mixture into the pan, rolling out with a pastry roller until smooth. Place in the freezer. In a small pot over low heat, melt the chocolate chips and coconut oil together. When half of the chips have melted, remove from heat and stir until smooth.

After the bars have been in the freezer for about 5 to 10 minutes, remove and slice into bars. Drizzle with melted chocolate, and freeze again until set.

Store in the freezer for a week or longer in an air-tight freezer bag or container.



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Seasonal Affective Disorder (SAD)

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES
MSPH, BSN, RN,
BC, CP-FS

Seasonal affective disorder, or SAD, is a classification of depression that occurs during the same season each year. You may have SAD if you experienced depression during the last two winters but felt considerably improved in the spring and summer. SAD is occasionally called winter depression or seasonal depression.

Anyone can experience SAD, but it's more likely to occur in:

- Women.
- People who live far from the equator, where winter daylight hours are very brief.
- People between the ages of 15 and 55. The risk of getting SAD for the first time decreases as you age.
- People who have a close relative with SAD.

Researchers aren't sure what causes SAD, but they think it may be triggered by a lack of sunlight. The thought is that this lack of sunlight may:

- Disrupt your "biological clock," which controls

your sleep-wake pattern and other circadian rhythms. Circadian rhythms are the 24-hour cycles of physical and mental changes that are driven by your body's "biological clock." They are influenced both by issues inside your body and by things in your environment, especially light. Your circadian rhythms affect your sleep-wake cycle, your body temperature, and other significant body functions.

- Cause dilemmas with serotonin, a neurotransmitter that affects mood. Neurotransmitters are chemicals produced by the nerve cells in the brain that convey messages back and forth across the space between the cells (synapse). When the normal balance of these neurotransmitters is disrupted, headache, depression, or other mental health problems may develop. The neurotransmitters that are thought to play a role in mental functioning are serotonin, norepinephrine, dopamine, and gamma-aminobutyric acid (GABA).

If you experience SAD, you may:

- Feel sad, grumpy,

moody, or anxious.

- Lose interest in your routine activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have difficulty concentrating.

Symptoms of SAD come and go at about the same time each year. The majority of people with SAD start to have symptoms in September or October and feel better by April or May. It can sometimes be hard to differentiate between SAD and other varieties of depression because many of the symptoms are similar. To diagnose SAD, your doctor will inquire if:

- You have been depressed during the same season and have gotten better when the seasons changed for at least 2 years in a row.
- You have symptoms that often occur with SAD, such as being very hungry (especially craving carbohydrates), gaining weight, and sleeping more than usual.
- A close relative—a par-

ent, brother, or sister—has had SAD.

Your health care provider may order blood tests to rule out other conditions that can cause comparable symptoms, such as low thyroid (hypothyroidism). Your doctor may also conduct a mental health assessment to get a better idea of your emotional health status.

Light therapy is the chief treatment for SAD. Medicines and counseling may also be beneficial. Experts think light therapy works by resetting your biological clock. It helps a good number of people who have SAD, and is simple to use. There are two types of light therapy:

- Bright light treatment. For this treatment, you place the light box at a certain distance from you on a desk or table, and then you sit in front of it while you read, eat breakfast, or work at a computer.
- Dawn simulation. For this treatment, a dim light goes on in the morning while you sleep, and it gets brighter over time, like a sunrise.

Light boxes use fluorescent lights that are brighter than indoor lights but not as bright as sunlight. Ultraviolet lights, full-spectrum lights, tanning lamps, and heat lamps are not appropriate and should not be used. Light therapy is usually prescribed for a time span of 30 minutes up to 2 hours a day. The strength of the light and the length of time you have been doing the therapy, dictates the amount of therapy time. You may start to feel better within a week or so after you start light therapy, however it is necessary to stay with it and use it every day until the season changes. If you fail to do this, your depression could come back.

Antidepressant medicines have been successfully used to treat patients suffering from SAD. They may be used alone or in combination with light therapy. The most common ones prescribed for SAD include:

- Selective serotonin reuptake inhibitors (SSRIs), such as paroxetine (Paxil) and sertraline (Zoloft). SSRIs are usually tried first.
- Other antidepressants, such as bupropion (Wellbutrin) and venlafaxine (Effexor).

If your doctor orders an antidepressant, be certain to take it the way it was prescribed. Stopping the medicine suddenly, could cause side effects or exacerbate your depression. When



RUTH JONES

you are ready to discontinue the medicine, your doctor can assist you with slowly reducing the dose to avoid problems.

Counseling may also have a role in treating seasonal affective disorder. Particular modes of counseling, such as cognitive-behavioral therapy and interpersonal therapy, can aid in learning more about SAD, how to manage symptoms, and how to help prevent future episodes.

There are many things one can do to help ward off the effects of seasonal affective disorder. Regular exercise is one of the best things you can do for yourself. Obtaining more sunlight may help too, so it is beneficial to get outside to exercise when the sun is shining. Being active during the daylight hours, especially early in the day, may help you have more energy and feel less depressed.

Moderate exercise is safe for most people. But it's always a good idea to talk to your doctor before you start an exercise program.

Ruth Jones is the health commissioner for the City of Quincy.

How To Avoid Sabotaging Yourself When It Comes To Money And Retirement

Creating a secure retirement often comes down to smart planning as you consider saving and investment options, and choose the ones most likely to help you meet your goals.

But not everyone makes wise choices, and financial missteps can play a significant role in how much—or how little—you have stashed away once retirement arrives, says Toby Mathis, a tax attorney, founding partner of Anderson Law Group and current manager of Anderson's Las Vegas office.

"Most people know they need to save a sizable amount for retirement, but many Americans are still woefully unprepared as they begin to near retirement age," Mathis says. "In fact, some estimates suggest that as many as 50 percent of U.S. households are at risk of not having enough money to fund their retirement needs."

"There may be a number of reasons for that, but one of those reasons is that people often sabotage their own finances by making avoidable mistakes."

He says a few ways they do that include:

- Falling to start building a nest egg—now. A significant retirement nest egg takes years—even de-

cadres—to grow, so the first step is to make a commitment to saving money every month, Mathis says. The younger you are, the better. "If you work for a company that provides a 401(k) and matching program, take advantage of that free money," he says. "That compound interest can make your money grow exponentially, so the more money you put into your retirement account now, the bigger your nest egg will be in the decades to come."

- Paying higher taxes than necessary. While the country needs tax money to function, there's no need for any individual to pay the IRS more than they owe, Mathis says. One easy way

to reduce your tax bill is through contributions to a tax-deferred account, such as a traditional IRA. "With an IRA, for example, you can deduct your contributions each year when you file your taxes," he says. "Also, the money you put into tax-deferred accounts won't become taxable until you are 72 or whenever you begin making withdrawals; whichever comes first." A good advisor can help with other tax savings, Mathis says.

- Investing in rental property without understanding the drawbacks. Plenty of people do well by becoming landlords, but there are also pitfalls, such as paying too much for

property or not taking into account all the related expenses. For many people,

Cont'd On Page 10

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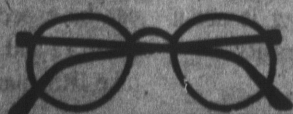
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By TIMOTHY O'BRIEN
Jail Diversion Clinician
Quincy Police Department

Thanksgiving is being celebrated differently this year. People are traveling less, gatherings are smaller, and people are spending less time in contact with each other. Yet, the stress around the holidays remains. However, at its core, Thanksgiving is about family.

Given this theme, I would like to highlight Sgt. Buonaugurio. Late last week, there was a call for a suicidal male party who had recently experienced significant family issues. This male had made a plan to end his own life. He was battling depression, recent loss and familial stress. He presented as both angry and sad at the same time. This mixed presentation can be difficult for officers to deal with as they have to take into consideration the safety of the individual, the public, and their fellow officers. In addition, people who have suicidal ideations often lack feelings of control in their lives and become upset when someone tries to take any con-

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

trol away—even if it is to save their life.

After the responding officers identified that the man was suffering from potential mental health issues, I was dispatched to the call. Prior to my arrival on scene, Sgt. Buonaugurio developed a rapport with the man. Which, any therapist or clinician will tell you, is the most important factor in having a positive outcome.

The man revealed that he had a plan to end his life and that he had the intention and means to do so. After stating this, he refused to speak further with me and refused to exit the vehicle he was sitting in. Sgt. Buonaugurio offered to speak with him. I was immediately impressed that Sgt. Bu-

onaugurio bent down to the man's eyesight level. The man continued to make threatening and angry statements but the Sgt did not relent. He listened intently and made sure he understood all of the man's concerns.

At this point, I noticed a dramatic shift in the interaction. The man's resistance to treatment began to weaken, as he started to trust Sgt. Buonaugurio. Sgt. Buonaugurio promised the man he would make arrangements to help his dog, to contact family members for him, and to assist him with a related family matter. The man began to weep and Sgt. Buonaugurio stood there to comfort him. He told the EMS workers to allow the man to walk into ambulance on his own accord.

Sgt. Buonaugurio did not need to convince the man that he cared; he did care.

At the end of the day, Sgt. Buonaugurio did what he has done for 21 years. And what he did, likely made it so another family could enjoy Thanksgiving; maybe a little smaller, maybe with a little less food, but with their loved one alive.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, NOV. 20

LARCENY (past), 5:26 p.m., Lincoln Heights Condos, 175 Centre St. Reporting party's work company mailed laptop to above address and reporting party states FedEx delivered however he never received it.

VANDALISM/PROPERTY (rock), 8:17 p.m., Huckins Avenue and East Squantum Street. Youths in area threw a rock at her car. Reporting party called back and has no serious damage. Would like officers to check the area for youths. Incident closed.

VANDALISM/PROPERTY (youths), 9:55 p.m., Marlboro Street. Group of six or seven yelling at reporting parties and throwing eggs at residence. Fled towards Beach Street. Reporting party could not provide descriptions but states she has surveillance of them. Ongoing issue, report to be filed and forwarded to school resources.

VANDALISM/PROPERTY (motor vehicle), 10:09 p.m., Russell Street. Three females put bologna all over caller's car. Run to a Honda Accord and fled when neighbors encountered them. No damage, three teens in black Honda.

SATURDAY, NOV. 21

VANDALISM/PROPERTY (front door damage), 10:12 a.m., Germain Avenue. First floor unit. Male party kicked front door at 3 a.m., has video footage of male.

VANDALISM/PROPERTY (boat damaged), 11:45 a.m., Haul Road and Victory Road. In the boat storage lot; is ransacked throughout, items missing. Male reporting party waiting in a maroon Chevy truck by the entrance.

LARCENY (package), 12:21 p.m., Highland Avenue. In QPD lobby.

VANDALISM/PROPERTY (front door dented), 1:38 p.m., Germain Avenue. Front door kicked in, will not shut. Caller knows male who is responsible.

LARCENY (backpack), 2:40 p.m., Morgan Memorial Goodwill, 625 Southern Artery. Meet reporting party at front of store. She was trying on clothes and states someone took her belongings that were in basket. Reporting party did not see who it was but is upset the store isn't helping her. Reporting party called back, she found her belongings.

SUNDAY, NOV. 22

BREAKING AND ENTERING/PROGRESS (male), 10:25 a.m., Roach Street. Black male, 5'8", white jacket, white and blue sneakers and a hat. Reporting party neighbor knows homeowners well states they are not home and the man is not familiar. Was trying the door and was spitting on the property. No weapons. Male standing on the corner of the street now. Walking down Roach towards Palmer. Officer called to cancel the xray for eval. Officer spoke with homeowner who said the person involved is his brother who is visiting.

ASSAULT AND BATTERY (past), 12:56 p.m., Harbour Hospital, 460 Quincy Ave. Patient wanting to report he was assaulted by another patient and that his sugar packets were stolen. Sgt. Barkus spoke with nurse going to speak to patient and address the story. Will call back if necessary.

BREAKING AND ENTERING/PAST (tent), 1:07 p.m., Brick Beam Tavern, Adams Street. TVs stolen from outdoor tent.

ASSAULT AND BATTERY (past 20 minutes), 7:09 p.m., Discount Liquors, 380 Granite St. Reporting party states male hit him the face; he was driving a landscaping truck. Reporting party is home now and would like to speak with an officer. Party declined services, just wanted to report it.

MONDAY, NOV. 23

LARCENY (packages), 10:54 a.m., Quarry Street.

Detective to file report.

LARCENY (past, cell phone), 3:33 p.m., Kimarie Hair Salon, 9 Beale St. Meet employee in store. NIBRS, phone and debit card stolen.

ARMED ROBBERY (commercial), 10:18 p.m., Seven Eleven Store, 76 Franklin St. Gone on arrival. Hold up alarm. Black male, hoodie, army fatigue pants possibly with a gun fled towards Dunkin' Donuts. K-14 conducted check of Dunkin' Donuts front and rear all clear. Small black pistol with a little silver. 785: 25 year old black male, 5'8", 150-160 pounds, camouflage pants, black hoodie, white sneakers, wearing a mask. Last seen heading southbound on Franklin on opposite side of the street.

TUESDAY, NOV. 24

LARCENY (package), 1:09 p.m., Deco Apartments, 625 Burgin Parkway Ext. Apartment complex has cameras. Report to be filed.

VANDALISM/PROPERTY (vehicle), 5:01 p.m., Quarry Street. Caller said her car has some scuff marks on it. Caller thinks it has something to do with an issue with her roommate. Incident closed.

LARCENY (bike), 6:21 p.m., Thomas Crane Public Library, 41 Beale St. Serviced.

Breaking & Entering MV: 200 block Washington Street, 300 block Southern Artery, Gay Street, Faxon Park Road, Mortimer Terrace

Breaking & Entering Past: Adams Street

Breaking & Entering in Progress: Roach Street

Home Invasion: Piermont Street

Total Calls For Service: 714

How Giving Back At The Holidays Fits Into Your Retirement Plan

When the holidays approach, Americans feel moved to open their wallets a little more to help the needy.

And for retirees, that seasonal urge can fit neatly into their overall retirement plan — if they're intentional about how they go about it.

"Charitable giving is a frequently neglected area of financial planning, but it's important for one's financial health and spiritual and

emotional well-being," says Patrick Rush, CEO of Triad Financial Advisors and the ForbesBooks author of "Gain Big and Give Back: Financial Planning with Intention."

"I think it's a valuable thing to do at any stage of life, and just because you're retired doesn't mean you have to cut back. You can combine your passion for a cause with smart tax and investment advice."

Adding a charitable-giving component to someone's financial plan isn't always simple, though, and not just because everyone has different amounts of money they potentially could set aside for such largesse.

"Every person comes into my office with a unique set of experiences, values, wants, needs, fears, hopes, and desires," Rush says. "Consequently, you could give five people \$1 million

each and they're all going to respond to it in a myriad of different ways. Each financial plan must account for these emotional and personal nuances."

That said, Rush has suggestions for those who want to satisfy their urge for charitable giving — and take advantage of deductions the tax laws allow before Dec. 31:

• **Donor-advised funds.** These are personal chari-

table accounts, opened in the name of one or more donors and held in custody by a nonprofit organization, such as a community foundation, university or other IRS-qualified charity. Here's how it works: Let's say someone has \$50,000 in a stock. They can sell that stock and, instead of paying the capital gains tax, place the money in a donor-advised fund and claim the full \$50,000 as a charitable deduction. But they don't have to donate the money all at once. The money remains in the fund and can be donated bit-by-bit over a period of years. In the meantime, it draws interest. "You save money and benefit a worthy cause," Rush says. "That's a win-win for all parties."

• **Qualified charitable distributions.** This tax strategy is available to investors over the age of 70½, and can be especially helpful to those 72 and older who must take IRS-mandated required

minimum distributions from their IRA or 401(k). "If you've accumulated a lot in these accounts, this often means you're forced to withdraw way more than you actually need," Rush says. "But an option is to write a check to a favorite charity from the retirement account. In that way, the distribution is not taxed, but still counts as your required withdrawal. The donation also lowers your taxable income."

• **A coronavirus relief bill exception.** Generally, if you take the standard deduction rather than itemize when you file your income taxes, you can't deduct charitable giving. But an exception was created as part of the coronavirus relief bill passed in March, Rush says. For 2020, you can count up to \$300 as a charitable deduction when you file your taxes in 2021, even if you take the standard deduction.

Cont'd On Page 19

How To Avoid Sabotaging Yourself When It Comes To Money And Retirement

Cont'd From Page 9

stocks, bonds and other investments are a better bet. "I'm not saying not to invest in real estate," Mathis says. "I'm just saying not to start with it if you're a first-time investor with a tight budget."

• **Not knowing Social Security is taxable.** The So-

cial Security Administration provides Americans with an estimate of what their benefits will be. That helps you calculate how much additional money from other sources you will need to maintain your lifestyle. But what many people fail to account for is that it's not guaranteed every penny of

Social Security checks will go into their pockets. "Depending on your overall income, as much as 85 percent of your Social Security benefit can be taxed," Mathis says. "You need to be aware of that when budgeting for retirement."

"Most Americans will

need to retire at some point, and they will need money set aside so they can achieve financial independence during the last years of their life," Mathis says. "It's crucial that you don't sabotage yourself because building a sizable nest egg is not a luxury. It's a necessity."

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Donated Blankets Arrive At Father Bill's & MainSpring

Efforts to Help Shelter Quincy's Homeless

Homeless youth and other disadvantaged individuals facing frigid nights on the streets of Quincy may see a small window of reprieve as Father Bill's & MainSpring have begun dispersing warm blankets to those needing emergency shelter.

In recognition of National Homeless Youth Awareness Month, Subaru of America and Quirk Auto Dealers recently donated 80 blankets constructed with soft fleece on the inside and waterproof material on the outside to Father Bill's & MainSpring, with hopes that this initiative may provide some measure of comfort to Quincy's homeless population.

"We are very grateful to Quirk Auto Dealers for this very generous donation as part of the Subaru Loves to Help initiative, which comes at a critical time for our mission," said John Yazwinski, president and CEO for Father Bill's & MainSpring.

"In our service area and across the state, the number of unsheltered individuals has increased significantly during the COVID-19 crisis. In response, we have expanded our outreach efforts to help bring hope to our most vulnerable neighbors, particularly as temperatures drop and winter approaches. These blankets will go a long way in helping provide comfort when it's needed most," said Yazwinski.



DURING COVID-19, the number of unsheltered individuals has increased, and the agency's outreach workers are working hard to identify who is sleeping outside and connect them to emergency resources.

Courtesy Photos

Father Bill's & MainSpring says that they on average, provide emergency shelter to approximately 260 individuals and more than 130 families per night. During COVID-19, the number of unsheltered individuals has increased, and the agency's outreach workers are working hard to identify who is sleeping outside and connect them to emergency resources.

Concerned outreach workers from Father Bill's & MainSpring frequently scour the area, searching for individuals who may be sleeping on the streets without shelter, or who may be seen huddling in their cars as they struggle to keep warm.

Father Bill's & MainSpring says outreach workers at the shelter provide direct services to home-



FATHER BILL'S & MainSpring on average provide emergency shelter to approximately 260 individuals and more than 130 families per night. During COVID-19, the number of unsheltered individuals has increased, and the agency's outreach workers are working hard to identify who is sleeping outside and connect them to emergency resources.

less people living outdoors. They do not wait for individuals to seek their services. Outreach workers meet participants where they are outdoors and provide for their basic needs, including food, clothing, medical supplies, and a safe human connection, before bringing these vulnerable men and women into the shelter.

Staff use a progressive approach to build trust and convey compassion to those they serve. Once engaged, participants access food, shelter, non-emergency health services, and additional wraparound services through FBMS and partners. Participants also access inpatient and outpatient treatment for mental illness, substance use disorders, and co-occurring disorders.

In addition to supporting individuals sleeping outside in the extreme weather, the shelter is also facing complications with food preparation and distribution.

Before the pandemic, approximately 70 percent of meals were provided by volunteers at Father Bill's & MainSpring, but the COVID-19 crisis prompted the agency to suspend on-site volunteer activities in order to protect the health of guests, staff, volunteers and the community at-large.

Millie was just 18 years old when she became homeless. Millie was fleeing physical and verbal abuse when in June 2019, she turned to Father Bill's & MainSpring, which provided her with emergency shelter and supportive services.

The organization has a special youth protocol at their shelters that provides young adults with more privacy, specialized case management, and flexible funding.

Today, Millie is now living in her own apartment, is enrolled in community college, and she has a job. "I had to take a big step toward being responsible. It made me grow faster. It really helped," Millie said of the support she received from Father Bill's & MainSpring.

To help others like Millie, Father Bill's & MainSpring is asking the community for online donations, and prepared meals to aid in the crisis. Learn how you can help Father Bill's & MainSpring at <https://helpfbms.org/coronavirus>.

Helping Hands Stepping Up This Holiday Season

Cont'd From Page 4

In addition, Interfaith is in need of diapers for its clients. Doane noted Interfaith is one of the few diaper banks in the state and there is no federal assistance program that covers diaper purchases. The highest demand is for diaper sizes 4, 5 and 6, he said. Children stay in those sizes the longest time, from roughly ages 1.5 to 3.

"Our food pantry believes that hygiene is a right, not a luxury," Doane said. "Another product that is always needed is feminine hygiene products, specifically pads. Most of Interfaith's clients are women and likewise there are no government assistance programs to purchase those essential products."

Donations of new reusable and disposable masks are always welcome. They will be distributed to Interfaith's clients or be used by the more than 130 volunteers who serve within their programs each week.

Donations can be dropped off at Interfaith's

headquarters at 105 Adams St. in Quincy Center. Items can also be purchased through Amazon and shipped directly there.

Interfaith relies on volunteers year-round. Doane said the organization is looking for residents who can volunteer for three hours a week for the whole year.

"It has been incredible to witness the generosity and caring from our community during these challenging times," said Doane. "Quincy is an amazing city and its residents have truly rallied since the pandemic began to serve their neighbors in need."

For more information, visit interfaithsocialservices.org or call 617-773-6203.

The Salvation Army
For more than 125 years, the Salvation Army of Quincy has provided Christmas assistance to families, providing them with toys, gifts, clothing, and food, said Capt. Amber Maynor. With more families in need this year, they are in desper-

ate need of people like you to partner with them to meet these needs.

There are several ways you can be a Christmas miracle maker, Maynor said.

The Salvation Army's biggest fundraiser of the year is the Red Kettle Campaign. Maynor said the goal is to raise \$135,000 during the campaign, which runs from Nov. 21 to Dec. 24.

Money collected from the Red Kettle Campaign supports the Salvation Army year-round.

"Due to COVID, we are unable to stand at all of our traditional locations, which sets our fundraiser up at an initial loss, unless you can help," Maynor said.

"Please consider donating as you pass a Red Kettle located at a Walmart, Star Market, Shaw's, Hobby Lobby, South Shore Plaza, and Stop & Shop. Think about it, if even half of the residents of Quincy gave \$5, we would exceed our goal!"

A kettle was also located near the John Adams Statue at Hancock Adams Com-

mon Wednesday, Dec. 2 from 9 a.m. until 4 p.m.

The Salvation Army also needs individuals, families, businesses, or service

groups who can sponsor children to purchase clothing and toy items for its clients. Children's names, ages, gender, clothing sizes,

and toy wishes are placed on an angel tag, which is given to the sponsor. You would shop for the child and then

Cont'd On Page 13

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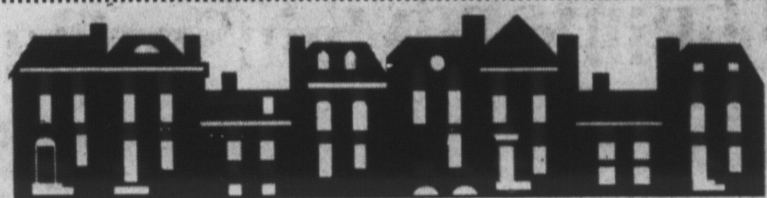
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Real Estate

Quincy Real Estate Transactions November 23 - November 27

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Jusino Family Trust
James L. Coull
You J. & Xiang Y. Gao
Mark Slawson
Paul Stracco, Sheryl Howard, Rico Stracco,
Nicholas C. Galante
Jessica A. & Joseph C. Callahan
Sokleang Koy & Vuthy Chhun
Carolyn Redden
Lauren Coletti, Mark Coletti & Joanne Coletti
Kam Lee
Barry Family Trust
Shaw Street LLC
Flyhomes Investments MA LLC
Robert Sferrazza
Tyler H. Smith & Stephanie C. Selbman
Kim P. Giovacci
Eleuteri Family Irrevocable Real Estate Trust
Joy Haugh
Joseph & Paul Casso, Estate of Rita Casso

BUYER

Janelle L. Polzer & Michael K. Leung-Tat
Tuan A. Huynh & Karen Hua
Hui Lin & Huanning Huang
Jared Segal
Ben-Josef Stracco

Heather R. Keys
Jamie & Anne F C Wilson
Jennifer Krakower
Meihua Tan
Shihao Hu & Lifan Zhou
Daoyao Chen & Lanmei Jiang
Safi Naji
Yecheng Yang
Jessica & Joseph Callahan
Cathleen Cunningham
Carmen Avila
Filip & Valbona Nikolla
Julia Lee
W&J Group LLC

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\$535,000.00
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\$505,000.00
\$612,500.00
\$605,000.00
\$464,000.00
\$548,000.00
\$924,000.00
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\$510,000.00
\$500,000.00
\$305,000.00
\$460,000.00
\$420,000.00
\$200,000.00

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40 Edinboro Road
25 Bowker Road
94 Newbury Avenue, Unit 105
19-21 Dysart Street
12 Casco Street
100 Dayton Street
2 Cliveden Street, Unit 203E
51 Loring Street
546 Sea Street
60 Butler Road
36 Shaw Street
135 Sumner Street, Unit 6
67 Edgewater Drive
134 Utica Street
123 Elm Street, Unit B5
102 Gilbert Street
10 Seaport Drive, Unit 2617
4 Keyes Street

38,000th Book Printed At Norfolk County Registry Of Deeds

Norfolk County Register of Deeds William P. O'Donnell announces a significant milestone as the Registry recently completed printing its 38,000th book of recorded land documents.

"During the COVID-19 state of emergency which began in Massachusetts on March 10, 2020, the Norfolk County Registry of Deeds, although closed to the public, has remained fully operational. Through the work of our dedicated employees, we have been able to continue Registry operations without missing a beat," O'Donnell said.

"Documents have been getting recorded, scanned into our online computer system so they can be

viewed online via our website www.norfolkdeeds.org, and verified to ensure accuracy. Additionally, we continue to print documents. Our 38,000th book, which includes land documents such as deeds, homesteads, mortgages and mortgage discharges, is an important milestone in the history of the Registry and a true testament to the volume of work completed each and every business day here at the Registry of Deeds. The printing of books provides a link to the Registry's rich history which dates back to its founding in 1793."

"While the Registry continues to print books, it should be noted the Registry also continues to embrace

and utilize state-of-the-art technologies, allowing us to record land documents instantaneously. Documents are scanned and available for viewing within 24 business hours of recording at www.norfolkdeeds.org.

"Our online computer systems are backed up on a nightly and weekly basis. This redundancy allows the Registry to maintain a permanent record of all land document recordings in the event of a disaster affecting our building at 649 High Street, Dedham. Additionally, the Registry also microfilms all recorded land documents and ships the microfilm off-site to a secure location where it can be retrieved in the event of a catastrophe," stated the Register.

As indicated previously, the general public and users of the Registry are currently unable to visit the Registry of Deeds due to the COVID-19 pandemic. While we can not provide a time certain when public access will be restored, we are encouraged by news surrounding a viable vaccine. When the Registry does once again open its doors to the general public, residents and users will have options to view land documents by whichever means they are comfortable. Either hard copy via books or on-line by one of our many computer workstations available to the public or from the convenience of their home or work computer.

"During its existence, the core mission of the Registry

of Deeds has remained unchanged; recording land documents in a safe, secure and accessible manner. Part of this charge is to serve as a depository for over 8 million land documents recorded from the Registry's beginning in 1793 right up to the present day. While we have embraced the latest technologies to improve efficiencies, the printing of books allows us to maintain a permanent hard copy record of each recorded land document on-site and continue a tradition that also dates back to the founding of the Registry of Deeds in 1793. Please know that we are hopeful our doors will

be open to one and all sooner than later. Until then, be healthy, be safe."

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can call Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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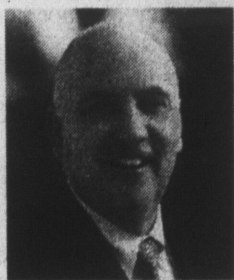
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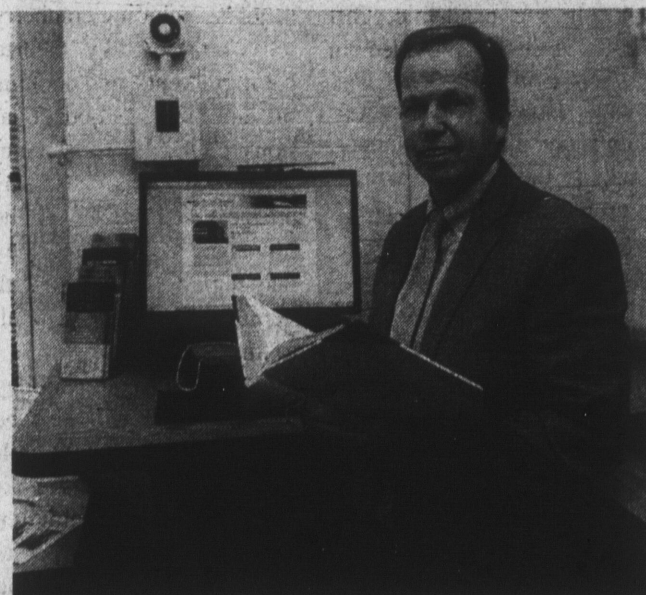
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NORFOLK COUNTY Registry of Deeds recently completed printing its 38,000 book of recorded land documents. Here Register of Deeds William O'Donnell holds Book 38000.

Courtesy Photo

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Helping Hands Stepping Up This Holiday Season

Cont'd From Page 11

return the gifts to the Salvation Army, located on Baxter Street.

To sponsor a child and obtain angel tags, you can contact the Salvation Army office at 617-472-2345. You can also go to Walmart, which has a Christmas tree with angel tags on it.

The Salvation Army also has a Registry for Good at Walmart, where you can purchase toys and have them shipped directly to the group's offices. Simply go to Walmart.com, search for registry, click "Registry for Good," and then search for "Angel Tree of Quincy Salvation Army."

"Year after year, your support, generosity, and giving hearts overwhelm us," Maynor said. "With this background, we say thank you in advance for what we know you are going to do to help us meet our kettle goal, make Christmas 2020 bright, and bring hope to many in 2021."

Father Bill's & MainSpring

Residents looking to help out Father Bill's & MainSpring this year can visit helpfbms.org/holidays to find out the various ways to assist your neighbors in need. The organization's top need is monetary donations to help cover the added costs created by the COVID-19 crisis.

To assist families in need, FBMS is requesting gift cards in lieu of presents. Gift cards provide families with the most flexibility, plus they help FBMS preserve storage space for personal protective equipment and cleaning supplies during the pandemic. Gift cards can be provided in any denomination from any large stores, such as CVS, Shaw's, Stop & Shop, Target and Walmart.

This year, FBMS is assembling gift bags for the guests staying at Father Bill's Place in Quincy. Items needed for the gift bags include lip balm, nail clippers, shaving kits, lotions, cell phone ear buds, and winter hats and gloves. To see a full list of items and to ship them directly to FBMS, visit the agency's Amazon Wish List at tinyurl.com/holiday-sfbms.

Donations can be dropped off or mailed to: Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301.

During the COVID-19 crisis, FBMS is in need of prepared meals for guests of Father Bill's Place and the satellite shelter in Quincy. For more info, contact Mary Ann Mendes at 508-427-6448 ext. 2289 or email volunteer@helpfbms.org.

Father Bill's & MainSpring serves nearly 7,000 households annually, including more than 900 individuals at Father Bill's Place in Quincy. The agency also operates approximately 550 permanent supportive housing units across Southern Massachusetts, including more than 300 units in the Quincy area alone, approximately 50 of which are for families.

Quincy Community Action Programs

Quincy Community Action Programs has seen a drastic increase in need at its Southwest Community Food Center since the start of the COVID-19 Pandemic. Compared to last year, QCAP's food center has seen a 40 percent increase in new families using the food pantry for the first time and an overall 25 percent increase in services.

The holidays will put a strain on low-income families that have been the hardest hit by the economic downturn caused by COVID-19.

"The Southwest Community Food Center, located at 1 Copeland St., is here to help, by providing holiday assistance through the distribution of holiday meals and gifts during the holiday season," said Kristen Schlapp, QCAP's chief operating officer.

QCAP provided 700 full Thanksgiving dinners this year, up from 580 distributed last year, and expects to distribute an additional 700 holiday food orders, including hams, during December.

Suggested holiday donations include frozen turkeys and other holiday meal essentials, including cranberry jelly, turkey gravy, canned pie ingredients, and cooking oil and spices. Food donations to QCAP's food center help to fill gaps caused by an increased need over the last eight months, and they help supply the pantry with items that are more difficult to find.

In addition to holiday meals, QCAP will also be providing at least 800 children with gifts this holiday season. These children include those enrolled at QCAP's food center and children who attend QCAP's Head Start Program. QCAP is accepting gift donations

through an Amazon and Target gift registry that can be found at qcap.org/food.

Because of the pandemic, Schlapp said there is an ongoing need at the food center for donations of non-food items such as cleaning supplies, toilet paper, masks, feminine products, soap, and toothpaste and toothbrushes. QCAP also encourages monetary donations at this time of year and can stretch every dollar donated to the food center to have the biggest impact on clients who are struggling with hunger.

"Many of our low-income community members are making hard decisions right now about whether to pay their rent, their heating costs, or put food on their tables," Schlapp said. "At this time of year, donations of any size are critical and allow QCAP to relieve the hunger our clients and their families face so they can focus their resources on other necessities such as rent."

The food center is accessible to clients and donors five days a week from 9 a.m. to 4:30 p.m. except on Wednesdays when it is open from 11 a.m. to 6:30 p.m. to accommodate working families. For more information on the services the food center provides or donations needed, please call 617-471-0796.

QCAP also provides heating assistance to residents in Quincy, Braintree, Milton, and Weymouth. Heating assistance can help significantly reduce monthly bills, even if heat is included in the rent. For more information on this, please call 617-657-5301 or visit qcap.org/energy.

Rental assistance is also available through QCAP's housing program. QCAP has helped families avoid eviction through rental assistance funding since the start of the pandemic. For more information on eligibility, please call 617-657-5376 or visit qcap.org/housing.

QCAP is an essential service provider serving more than 26,000 unduplicated individuals each year and addressing the urgent and growing needs resulting from COVID-19 that have hit the low-income community the hardest, said

Schlapp.

"Being able to serve the community during these challenging times would not be possible without the ongoing support of our community, volunteers, and donors," she said.

DOVE

The annual adopt-a-family holiday assistance program at DOVE (Domestic Violence Ended) is underway. Because of the pandemic, the families DOVE serves need help now more than ever.

Keeping the pandemic and the safety of its donors, staff, and clients in mind, DOVE is asking donors to consider purchasing gift cards for their adopted families. This will allow DOVE to receive and pass on your package directly through the mail. The families will then be able to use those cards to provide themselves and their children holiday gifts. I think we can all agree, 2020 needs a little more cheer!

To participate, email dove.elfteam@gmail.com.

DOVE will provide a list of options where donors can choose to support a specific family, donate general goods to the shelter or help support its much needed general gift-card drive to support families through the holidays and beyond.

Donors who choose to adopt a specific family will receive their family's holiday wish list no later than Dec. 4. To ensure that each of DOVE's more than 150 families receive their gifts before the holidays, gift cards should be mailed by Dec. 10.

DOVE will provide you with the address of its drop-off location in Quincy.

If you wish to make a financial contribution to support DOVE's work, or the holiday assistance program, see DOVE's website, dove-ma.org, or email development@dovema.org.

South Shore YMCA

The South Shore YMCA's holiday assistance program provides toys, meals and clothing to thousands of families each year. The program gives much more than just material possessions for a holiday celebration - it brings a sense of belonging that creates an

inner-springboard of self-confidence and a desire to give back.

Those looking to help out have three options to do so.

Residents can make the holidays brighter for neighbors by adopting a local family and donating the items on their holiday list. To adopt a family this holiday season, contact Kathy Quigley at 857-891-0378 or kquigley@ssymca.org.

Residents can also purchase an item or two from the YMCA's general wish list. To do so, fill out a form at ssymca.org and drop off the unwrapped presents by Dec. 16. Donations may be dropped off at the Germantown Neighborhood Center, 366 Palmer St. in Quincy; the Quincy YMCA at 79 Coddington St.; and the Emilson YMCA, 75 Mill St., Hanover.

Residents can also make monetary donations directly to the YMCA online at ssymca.org.

For more information, please contact the YMCA at holidays@ssymca.org.

Quincy Fire Department

The Quincy Fire Department, in partnership with Mayor Thomas Koch, has organized a food drive for those in need this year.

If you are able to give, you can drop off donations at any of five firehouses throughout the city: fire headquarters at 40 Quincy Ave; Engine 2 and Ladder 5 at 311 Hancock St.; En-

gine 4 and Ladder 2 at 111 Beale St.; Engine 6 at 1082 Sea St.; and Engine 7 at 86 Huckins Ave.

The bins are located on the exterior of the buildings so contactless drop-offs can be made.

Drop-off bins will remain at the stations until Dec. 12.

Quincy Animal Shelter

Those looking to help out four-legged friends can do so this holiday season by supporting the Quincy Animal Shelter.

The shelter has a wish list of items it is in need of that can be dropped off at the shelter, located at 56 Broad St., during adoption hours.

The list includes gift cards of any denomination to Pet Supplies Plus, Petco, Stop & Shop and Walmart. The shelter is also in need of any brand of dry cat food for its feral pantry, even open bags are accepted; Stewart Pro-Treat dog treats; Fancy Feast adult cat food for shelter residents; paper towels; bleach; any brand of high-efficiency laundry detergent; Yesterday's News cat litter; new plastic litter boxes and litter scoops; postage stamps; and various dog and cat toys.

The shelter also accepts clean towels, facecloths, sheets and pillow cases, but does not take blankets, comforters or pillows.

For more information, you can visit quincyanimalshelter.org or call 617-376-1349.

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Three Trees Could Be Removed On Sims Road

By SCOTT JACKSON

The city's tree warden has recommended that three trees on Sims Road in Wolaston be removed as part of Department of Public Works project to reconstruct the drainage system under the street.

The tree warden, Christopher Hayward, recommended removal of the three trees – and preservation of two others – in a Nov. 24 report to Mayor Thomas Koch following a Nov. 12 public hearing on the proposal to remove the five trees in accordance to the state's Public Shade Tree Act.

Chris Walker, Koch's chief of staff, on Monday said, "The Mayor's Office is in receipt of the decisions made by the Tree Warden."

The first of the three trees Hayward has recommended for removal is at 107 Sims Rd. The removal was requested by both the DPW and an abutting property owner, Hayward said, while numerous objections were made to the proposed removal.

The tree at 107 Sims Rd. is a red oak with a 49-inch diameter at breast height, according to the tree warden's report. The proposed drainage and road project will require "a large portion of this tree's root system to be disturbed during excavation," Hayward wrote; removal of parts of the root system in the past "has taken its toll as can be seen by the increasing amount of deadwood within the crown." Hayward noted a 12-foot, decayed limb fell from the tree earlier this year during a thunderstorm.

In addition, Hayward said the tree at 107 Sims Rd. has a two-foot structural crack that cannot be easily corrected.

"The removal consideration of a mature street tree like this must be looked at thoughtfully and scientifically but with public safety always the first priority," Hayward wrote. "In this situation this Red oak has provided an enormous amount of benefits to the City but over time it has overgrown its location and has taken a fair amount of damage in doing so. Although this is a fairly healthy tree now, it is my opinion this red oak will

not fare well with the pending amount of inevitable root zone disturbance.

"For public safety reasons, I feel this tree should be removed. I do not take this decision lightly."

The second tree recommended for removal is at 97 Sims Rd. The removal of the tree, a red oak with a 35-inch diameter, was requested by the DPW and an abutting property owner; objections were filed to its removal as well.

Hayward said the tree, "is a fairly healthy Red oak though it does present some concerns." Those concerns include both disruption the DPW project would cause to the tree's root system as well as the proximity of utility wires above the tree. Because of those utility wires, Hayward stated, "this tree has been pruned quite heavily and left with a very thin crown. The limbs that are remaining have been left in weakened state and will tend to react more like whips during wind advisories."

He also cited the presence of water sprouts in calling for the removal of the tree at 97 Sims Rd.

"Water sprouts, which grow when a tree is under stress, are growing very thickly at the main crotch of this tree," Hayward said. "Water sprouts can grow quickly to become decent sized limbs, but the problem is they are not soundly attached to the tree as they develop from latent buds along the trunk. They are prone to break off unpredictably."

"Due to the existing flaws discussed and the proposed project to get underway, I feel this tree should be removed."

The third tree recommended for removal is located at 93 Sims Rd. The DPW requested its removal and no objections were made.

Hayward said the tree, a 17-inch diameter Norway maple, "is in decline and at first glance it's easy to see it is not a healthy tree. It has been pruned very heavily over the years for overhead utility clearance. At some point in the past a limb broke off at the main crotch and the wound never healed which has resulted in a large

cavity."

Hayward recommended the trees at 202 Fenno St. and 90 Sims Rd. both be maintained. The DPW had requested their removal and objections were made to both.

The tree at 202 Fenno St. is a hedge maple with a 14-inch diameter. An engineer representing the DPW said the catch basin near the tree can be relocated to avoid removal of the tree, Hayward said, and the root system can be pruned appropriately when that takes place.

"As Tree Warden I feel that this tree is providing many benefits to the city," he said. "Where its continued existing will not create safety concerns as part of the proposed project it is my opinion that the tree should remain."

The tree at 90 Sims Rd. is a 32-inch diameter red oak. Similar to the maple tree at 202 Fenno St., the catch basin can be moved to minimize disturbance to the tree's root system, Hayward said.

"This large Red oak is a very healthy," he stated. "It could use a heavy maintenance prune but otherwise it is a strong tree, providing many benefits to the neighborhood and community."

Quincy Couple Is A Pair Of Aces

Golfers Jack And Elizabeth Moran Score Holes In One 24 Hours Apart On Same Hole

The odds of a golfer getting a hole in one are approximately 12,500 to 1.

The odds of 2 people getting a hole in one on the same hole less than 24 hours apart increases to over 6 million to 1.

The odds of 2 people that are married doing it skyrockets to 26 million to 1.

But that's exactly what Jack and Elizabeth Moran did on Thanksgiving weekend, 2020, golfing during a pandemic, at Presidents Golf Course in Quincy.

The Morans are longtime members of Presidents Golf Course, and COVID19 has not deterred them from doing what they love to do: play golf. In fact, both say that golf has provided them with what everyone needs during these unprecedented times: exercise, outdoor activity, and most importantly, friendships and fun.

On Saturday, Nov. 28, Elizabeth Moran was golfing with friends Meghan Lynch, Sue Canavan, and Carol Mather. They stepped up to the par 3 10th hole at Presidents Golf Course. Elizabeth hit her shot in the cold November air, and was delighted to watch as her shot went straight for the hole and dropped in.

In the clubhouse, Elizabeth



HUSBAND AND WIFE Jack and Elizabeth Moran posted a golf rarity over the weekend, both scoring aces on the Par 3, 10th hole at Presidents Golf Course. Elizabeth's hole in one came on Saturday, Nov. 28. Jack aced the same hole 24 hours later on Sunday, Nov. 29. Courtesy Photo

beth's husband, Jack congratulated her, but also stated he better get his game going, as now Elizabeth has 4 holes in one in her lifetime (three at Presidents, one at Chatham Seaside Links), and Jack up until this point only had two holes in one in his lifetime (one at Oakley, one at Putterham).

Not to be outdone, the very next day, Nov. 29, Jack was golfing with friends Mike O'Neill, Brendan Monaghan, and John Spatola. He got to the 10th hole and was sharing the story

of his wife getting the hole in one the previous day. He took out his 7 iron for the 156 yard challenge, and watched as his perfect shot rolled right in the hole.

"Golf is a game of luck," said Elizabeth, "but it's also a game of competition, so for right now, I'm up 4-3 in the 'Marriage Hole in One' stats."

Twenty-six million to 1 are the odds of this happening. When asked what they would do next, they both replied: "Buy a lottery ticket!!"

NOTICE OF PUBLIC HEARING

Notice of Public Hearing
2020-171

The Quincy City Council will hold a Public Hearing, on Monday, December 14, 2020, at 6:30 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20. The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from Massachusetts Electric Company and Verizon New England Inc. for joint or identical pole locations.

Massachusetts Electric Company request permission to erect and maintain poles and wires to be placed thereon, together with such sustaining and protecting fixtures as said Companies may deem necessary to be owned and used in common by our petitioners, in the following public way or ways.

P21-84 Oxenbridge Rd

Install P21-84 Oxenbridge Rd to be located approximately 30ft E of P21. New pole required to eliminate pole to tree guy at 152 Oxenbridge Rd. City to remove tree.

Wherefore they pray that after due notice and hearing as provided by law, it be granted joint or identical locations for and permission to erect and maintain poles and wires, together with such sustaining and protecting fixtures as they may find necessary, said poles to be erected substantially in accordance with the plan filed herewith marked:

Massachusetts Electric Company

Plan No 30154371 Dated: 09/30/2020

Your petitioners agree to reserve space for one crossarm at a suitable point on each of said poles for the fire, police, telephone and telegraph signal wires belonging to the municipality and used by it exclusively for municipal purposes.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincy.ma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on December 14, 2020 to be entered into the record.

Public access to the hearing and deliberations shall be achieved by Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy.

Nicole L. Crispo
Clerk of the Council

Time: Dec 14, 2020 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88290488795>

Meeting ID: 882 9048 8795

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A Victorian Christmas At Eustis Estate

The public is invited to visit the Eustis Estate during the holiday season and get into the Christmas spirit.

Explore the beautiful 1878 Eustis Estate and its lavish decorations during A Victorian Christmas. There are bright lights, an enormous tree, garlands and mantelpieces adorned with holiday decorations inspired by nature. There will be floral arrangements from the Brush Hill Garden Guru, Cedar Grove Gardens and floral designer, Lisa Ahern.

From Dec. 4 to Jan. 3, the mansion will be open for

visits by reservation only Fridays from 11 a.m. to 7 p.m. and Saturdays and Sundays from 11 a.m. to 4 p.m.

In addition to regular museum hours, the Eustis Estate hosts its first ever Victorian Holiday Market on Dec. 5 from 10 a.m. to 3 p.m. This open air market features a variety of local craftspeople selling unique holiday gifts including jewelry, fiber art, foodstuffs and more.

Due to COVID-19 considerations, this event has limited capacity and advance tickets are strongly

encouraged.

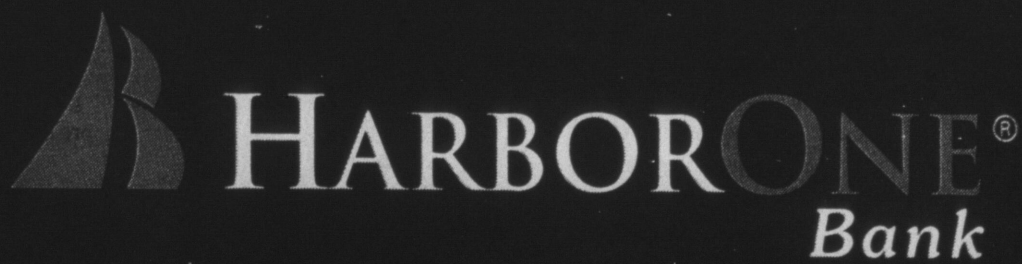
Historic New England is following all state, local, and CDC safety guidelines and has integrated safety measures into the opening plans. Face coverings and social distancing are required for all staff and visitors. Hand sanitizer is available. Enhanced cleaning and disinfectant measures are in place.

The Eustis Estate is an incredible late 19th century Aesthetic Movement mansion. The museum offers a self-guided experience with one guided tour per open

day at 10 a.m. General admission to house is \$20 for adults, \$17 for seniors and \$10 for students and children. Historic New England members tour for free. Milton resident admission is free; call to reserve tickets.

Call 617-994-6600 for more information or visit www.historicnewengland.org/eustisestate to purchase tickets. Advance tickets are required for all events.

The Eustis Estate, one of 37 historic sites owned and operated by Historic New England, is located at 1424 Canton Ave. in Milton.



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This Star Won't Go Out Gala Raises Over \$25,000

This Star Won't Go Out, first VIRTUAL Shine Under the Stars Gala & Auction on Saturday, October 23, 2020. While attendees missed last

year's experience of being in person at Alba Restaurant with a DJ, dancing, and delicious food, being virtual had the advantage of allowing friends and supporters to join in from their own homes not only from the South Shore and Boston, but from as far away as Virginia, Florida, California, Arizona, Canada and Belgium!

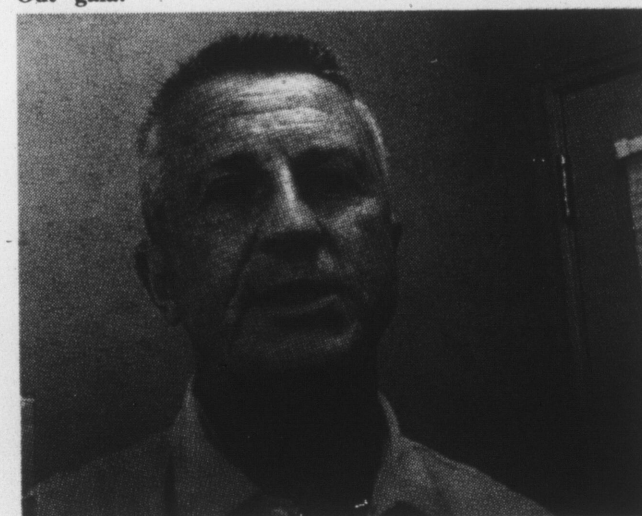
Hosted by author and TV personality Sorboni Banerjee, this annual gala is a key fundraiser that enables This Star Won't Go Out to support families facing childhood cancer. Caring for a seriously ill child creates tremendous stress for the family system. Funding from TSWGO helps families pay for expenses not covered by insurance, including rent or mortgage payments, utilities, and travel costs.

Sorboni was a masterful emcee, and her enthusiasm was contagious. She began by highlighting the event's local sponsors, including presenting sponsor Granite Telecommunications, and platinum sponsor Quirk Auto of Quincy. The program continued, telling the story of TSWGO's work since its beginnings in 2011.

Joe Chabot, Pediatric Resource Program Director at



AUTHOR AND TV journalist Sorboni Banerjee, formerly of Boston 25, was the host of this year's "This Star Won't Go Out" gala.



JOSEPH CHABOT, Pediatric Resource Program director at Dana-Farber/Boston Children's Cancer & Blood Disorders Center.

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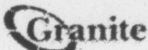
Shine Under the Stars Virtual Gala

October 24, 2020

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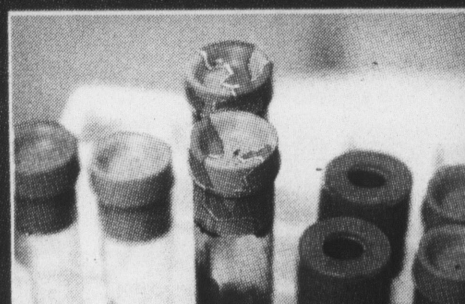
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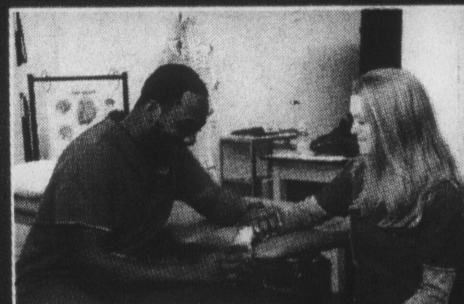
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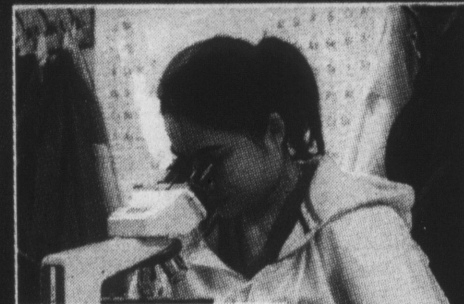
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*Source: bls.gov

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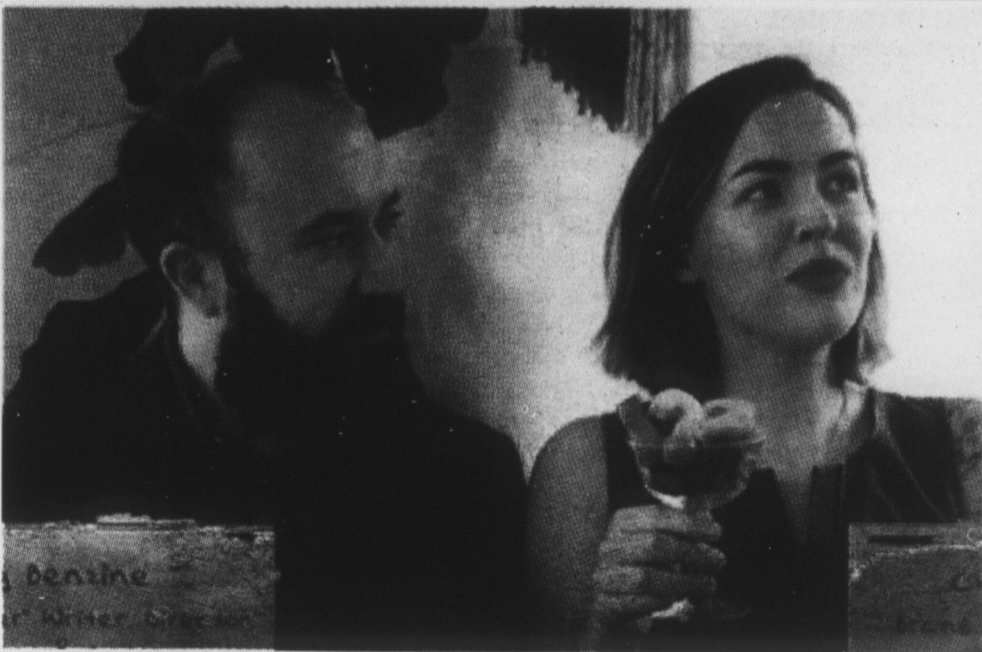
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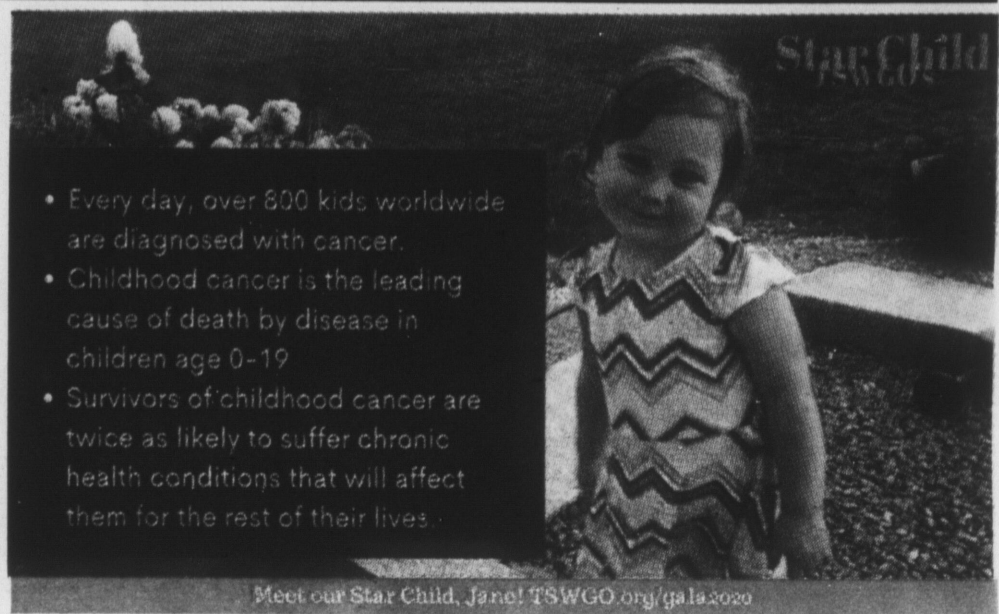
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YOUTUBE CREATORS Craig & Chyna Benzine (channel is @WheezyWaiter)



Meet our Star Child, Jane! TSWGO.org/gala2020

JANE, this year's Star Child



AUTHOR John Green

Gala Raises Over \$25,000

Cont'd From Page 16

Dana-Farber/Boston Children's Cancer Center, shared these comments: "It's never been easy caring for a child with cancer, and now in this time of COVID-19, our families face even more uncertainty and financial stresses...It's no exaggeration to say that the assistance that This Star Won't Go Out provides to our families is really an important part of their treatment."

Other guests included author John Green, Youtube creator Craig Benzine of @WheezyWaiter, Lori and Evangeline Earl, volunteers, and music by Harry & the Potters. The key feature of the program was the story of 3-year-old Jane, diagnosed with Leukemia in 2019. A video beautifully filmed by Endeavor Films unfolded the challenges faced by Sandra and Mike Santoro of Littleton, after their daughter's diagnosis. "We had all these unanticipated costs," said Sandra. "We spent over \$1000 on parking alone! This Star Won't Go Out sent us a check, and Lori sent me a note with it. I remember her writing that she hoped to give us space....We're hugely grateful." Mike added, "It goes way beyond monetary support and allows you to focus on the things you need to...mostly Jane."

To date, This Star Won't Go Out has given out \$500,000 to help families and impact childhood cancer. A 501c3 nonprofit, TSWGO was established in memory of Esther Earl, an avid Nerdfighter and passionate Harry Potter fan. Diagnosed with metastasized thyroid cancer when she was 12, Esther lived life ful-

ly, getting involved in social justice issues, loving her friends, her family and pets, and always remembering to be awesome. She passed away following her freshman year at North Quincy High School. The NQHS yearbook was dedicated in her honor in 2013, the year that Esther would have graduated from high school.

For more information about This Star Won't Go Out, visit their website at TSWGO.org. You can view the recorded video of the gala as well, TSWGO.org/gala2020.



The time of year to consider those less fortunate is upon us. With that in mind Mayor Koch's office and the Quincy Fire Department have joined to setup a food drive for those in need. If you're able to give, please find bins placed on the exterior of five of Quincy's firehouse locations. Donations can be dropped off at:

**-Fire Headquarters - 40 Quincy Ave.
Engine 2 & Ladder 5 - 311 Hancock St.
Engine 4 & Ladder 2 - 111 Beale St.
Engine 6 - 1082 Sea St.
Engine 7 - 86 Huckins Ave.**

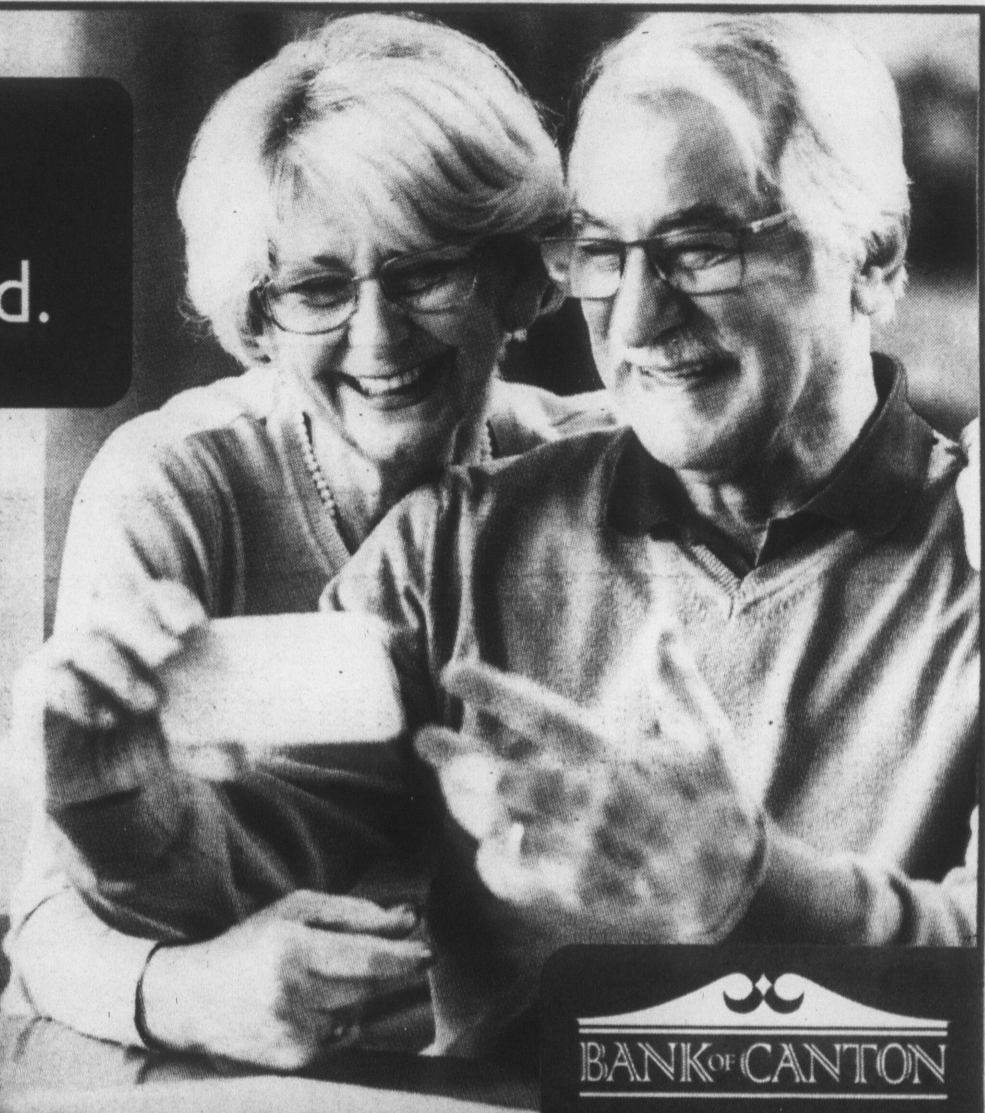
Bins have been placed on the exterior of the buildings so that drop-off can be contactless due to the COVID virus. Drop-off bins will remain in place until Saturday, December 12th. Thank you for your generosity and enjoy the holidays.

The Quincy Fire Department

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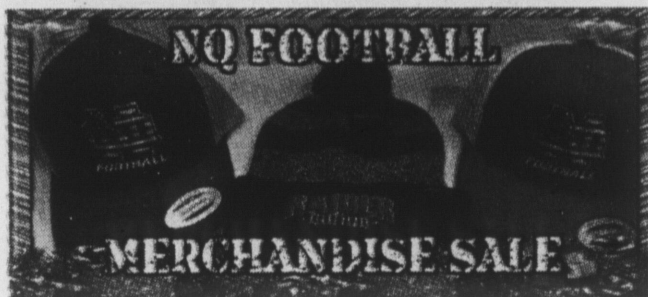
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NQ Cheerleaders Toys For Tots Fundraiser Saturday At Pub Patio

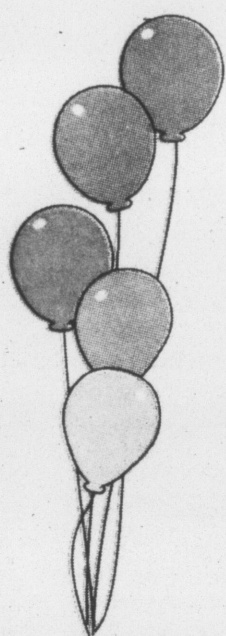
North Quincy High School cheerleaders are hosting a Toys for Tots fundraiser Saturday, Dec. 5 from 10 a.m. to 2 p.m. outside on the patio of the Irish Pub, 51 Billings St., Quincy.

Also, North Quincy Football Boosters will be selling Raider gear including hats and sweatshirts.



Santa is also expected to visit during the event.

If You See This Birthday Girl Dec. 7,



Wish her a Happy 85th!!

YMCA, Alma Cares Serve Thanksgiving Meals To Neighbors In Need

Each year, the South Shore YMCA kicks off its Holiday Assistance Program by partnering with Chef Paul Wahlberg and his Alma Cares organization to package and distribute over 1,700 donated Thanksgiving meals to help local seniors, individuals and families facing food insecurity.

With higher unemployment due to the pandemic, more people find them-

selves in need of food assistance, especially during the holiday season and colder months ahead. According to Massachusetts Gov. Charlie Baker, "This crisis has made things more difficult for families that were food insecure and has obviously increased the need."

This year, COVID-19 also brought about a new set of challenges for the Y's annual Thanksgiving meal

program, with physical distancing protocols limiting the number of people who could gather together safely to pack meals, higher food costs and the tightening of food supply chains.

The South Shore YMCA Germantown Neighborhood Center Food Pantry has seen nearly quadruple its weekly usage since the pandemic began. Support from donors and the community are critical to ensure that the Y can continue in its mission to ensure that nobody in our community goes hungry during this crisis.

"We want to thank Alma Cares, Paul Wahlberg and the Wahlberg family, and all the staff and volunteers here at the YMCA for all their hard work in this effort," said South Shore YMCA President and CEO Paul Gorman.

"This assistance is greatly needed this time of year, but especially this year, and we want to thank everyone who has participated," added Gorman.

For information on ways to support the South Shore YMCA food pantry and Holiday Assistance Program through donations, holiday gifts or by adopting a family this season, visit ssymca.org/holidayhelp or email holidays@ssymca.org.

Saint J's Collaborative
Live Nativity

Join the Saint J's Parish Family, along with Father Joseph Boels, Father Matt Williams, Father Tom O'Connell and REAL LIVE people and ANIMALS on Saint John's Lawn for our Live Nativity. There will be prayer, song, reflection and joyful contemplation of the incarnation of our Lord and Savior Jesus Christ. Invite your family and friends for prayer, hot chocolate, caroling all followed by a Christmas Movie if you choose to stay (see full list of events on our "Adventurous Advent" Blog).

On Saturdays during Advent after the 4:00pm Mass
Dec. 5, 12, 19

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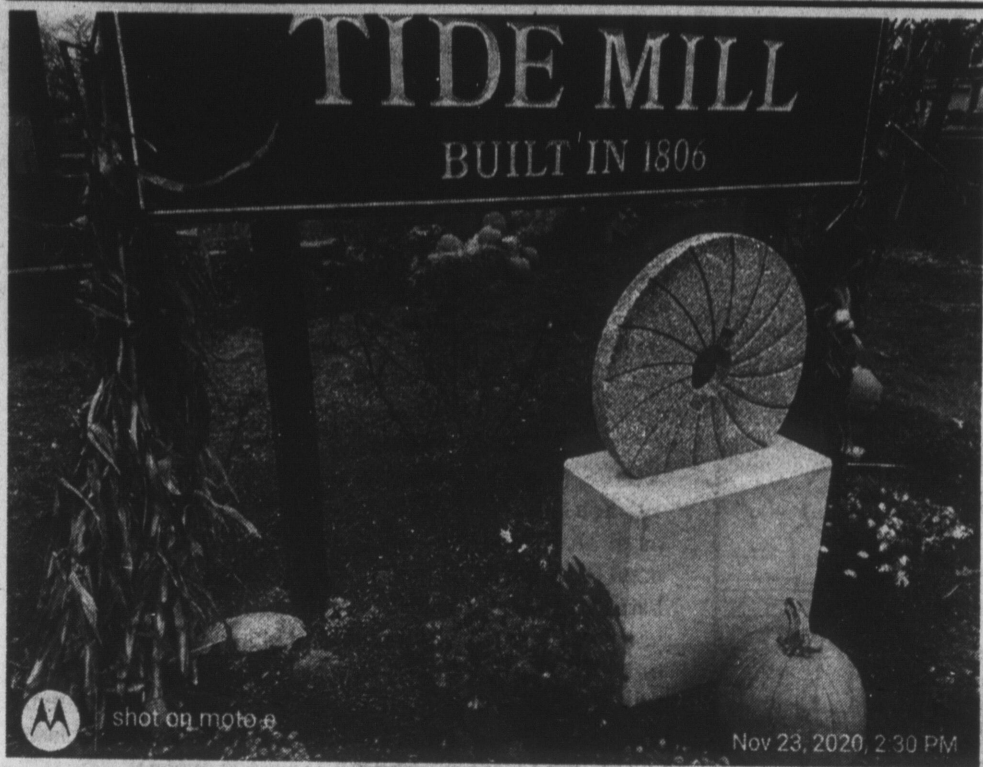
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admissions@quincycollege.edu / 617-984-1710



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SOUTHER TIDE MILL on Southern Artery decorated for the fall with corn stalks, bales of hay, mums and pumpkins. Photo by Frank and Kathy Hogan

Was That A Pumpkin Patch At Souther Tide Mill?

By KATHY HOGAN

Thanks to a donation of materials from the Quincy Farmers Market and Victory Point restaurant at Marina Bay, the tide mill abounds with corn stalks, bales of hay, mums -- and pumpkins, of course!

In fact, while the display was being set up, it was already spotted and visited by a mother and her baby for a

seasonal photo shoot in this colorful autumn setting.

Kevin Dye and Janet Little of the Quincy Farmers Market and Donato Fratrotoli of Victory Point restaurant had hoped to have an autumn harvest festival at the boardwalk, but it was felt best to call it off due to coronavirus precautions. However, Kevin and Donato discovered something

in common in their family backgrounds -- having a miller as an ancestor -- and they had a nice idea to foster a relationship with Friends of Souther Tide Mill. After the bountiful display outside the restaurant for the week surrounding Halloween, the materials were transferred to the tide mill. The Friends group is very appreciative!

How Giving Back At The Holidays Fits Into Your Retirement Plan

Cont'd From Page 10

That's worth remembering as Dec. 31 nears and you're feeling the holiday spirit. "Those charities and non-profits certainly could use the money," Rush says.

Even with the potential for tax savings, Rush says it's important to remember that charitable giving and community volunteering have meaning beyond money.

"Each December, you can find our employees

ringing bells for the Salvation Army," he says. "Some of our clients get involved, too, and my family turns out as well. It's important to me to inculcate these values in

Gasoline Prices Up Two Cents

Massachusetts's average gas price is up two cents from last week (\$2.06), averaging \$2.08 per gallon. Monday's price is 1 cent lower than a month ago (\$2.09), and 48 cents cheaper than Nov. 30, 2019

my children. It's never too early to learn to be grateful for what you have and to express that gratitude by giving something back."

(\$2.56). Massachusetts's average gas price is 4 cents lower than the national average.

"As COVID-19 cases increased, the national gas price average saw its cheapest November in 12 years," said Mary Maguire, AAA Northeast Director of Public and Government Affairs. "Drivers can expect pump prices to mainly decline in the days ahead, especially with demand the lowest it's been since June."

AAA Northeast's Nov. 30 survey of fuel prices found the current national average to be 2 cents higher than last week (\$2.10), averaging \$2.12 a gallon.

The Peace candle will be lit on the second week of Advent, Dec. 6, and it is also Holy Communion Sunday.

Both will be celebrated at 10 a.m. online service on the Quincy Point Congregational Church YouTube page. Don't forget to bring your bread and juice to your electronic device.

Enjoy the views of the lively decorated sanctuary



PARADE TRADITION CONTINUES - The DiMattio family of Quincy continued a long-standing tradition on Sunday getting together for a group photo. The family has attended the Quincy Christmas Parade for more than 30 years watching from the same corner at Beale Street and Hancock Street. Despite this year's parade being cancelled due to the COVID-19 pandemic, the family got together at the same location marking 35 years in a row it has been together the Sunday after Thanksgiving. Top row (left to right): Laurie DiMattio, Gayle Mascarello, Kristen DiMattio, William DiMattio and Keri-Ann Dayhoff. Bottom row (left to right): Elizabeth DiMattio, Julie Mascarello, Katelyn DiMattio and Sean DiMattio.

Photo Courtesy Elizabeth DiMattio

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has an on-line remote worship service Sunday mornings.

Pastor David Choi will preach his sermon: "Our High Priest" (Hebrews 5:8-10). Reader will be Jeff Mahn; Second Advent Sunday candle lighting by George Gardener.

The church online dial-in/web meeting weekly schedule is:

- Sunday - 10:30 a.m. worship service
- Wednesday - 6:30 p.m. Community Group Meeting - Gospel of John
- Thursday - 6:30 p.m. Bible Classes - Epistle of Paul to Romans
- Friday - 11 a.m. Prayer Group Meeting.

For those who want to go to church and attend the Sunday service, make reservations for each and every week by dialing 617-472-0824, if needed leave a message.

For our on line Sunday worship service, go to the church website: www.firstbaptistchurchofwollaston.org/ for the conference call number.

Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, conducts its regular Sunday service at 9:30 a.m. on Sunday mornings.

Sunday, Dec. 6th is the second Sunday in Advent. Rev. Patrick McCorkle will preach.

Music will be provided by Paul Frazer, soloist. Church School classes for children are now in session during the morning worship every other week, with the next class this coming Sunday.

For all events, masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service will be available at a later date, either on the Church website or on YouTube. To get to the church website, type in: bethanyconchurch.org and scroll down to the very bottom to find the link to the most

recent service. This will give you not only the church service, but the bulletin and other information about what's going on at Bethany.

Or, go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

Quincy Point Congregational Church

which is transformed into an advent wreath, with candles in every corner.

Martha Grabke will read the scripture and Rev. Kim's sermon title is "Messy, messy, messy."

Online Church School for all at begins on Sunday at 9:15 a.m. on The Quincy Point Congregational Church YouTube page. This week Joyce and Karen

will tell Mary's story and how the Angel Gabriel appeared to her. There are some Advent wreath kits still available, which are highlighted in the Nov. 22 Church School for All video.

If you need an advent workshop kit or advent devotionals, stop by the church between 9 a.m. to 2 p.m. Call ahead and some-

one from the church can run it out to your car.

The Tree of Joy gifts for the children whose families frequent Interfaith Social Services are due back to the church office by Dec. 7. Give the office at 617-773-6424 call when you are here and we can run out to your car to retrieve the present. Thank you to all who took part.

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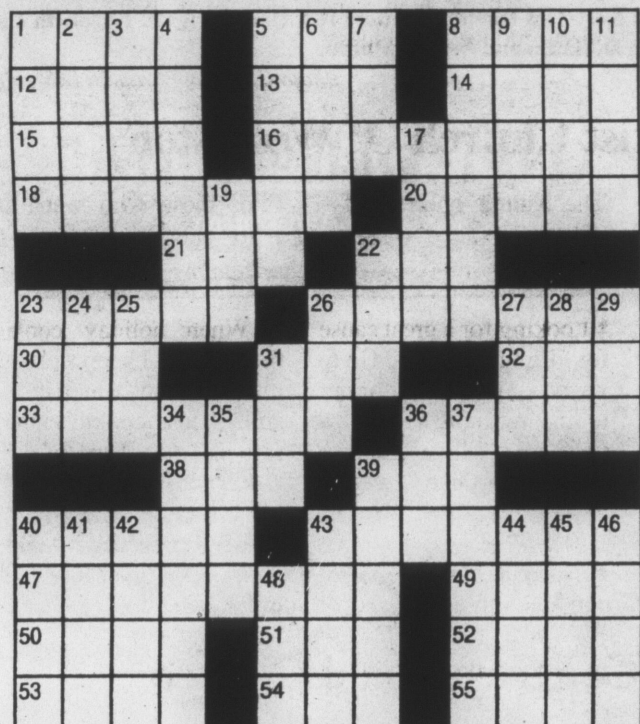
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SUN FUN PAGES

King Crossword

- ACROSS**
- 1 "Grand"
 - 5 Letterman's network
 - 8 Out of control
 - 12 Suspend
 - 13 Weeding tool
 - 14 Wise one
 - 15 Killer whale
 - 16 Lineage
 - 18 Astronauts' descent to Earth
 - 20 Locations
 - 21 Comic DeLuise
 - 22 Satchel
 - 23 "Forget it!"
 - 26 Nation
 - 30 Lawyers' org.
 - 31 Sly one
 - 32 Nay opponent
 - 33 Racism, e.g.
 - 36 Aden's land
 - 38 Bill and —
 - 39 Adams or Ameche
 - 40 Clean software
 - 43 Turducken, e.g.
 - 47 Immoderate devotion
 - 49 Met melody
 - 50 Taj Mahal city
 - 51 Trouble
 - 52 Ring up
 - 53 Lecherous look
 - 54 Possess
 - 55 Duel tool
 - 11 Jailer's janglers
 - 17 Jacob's brother
 - 19 Plaything
 - 22 Carton
 - 23 Apprehend
 - 24 Japanese sash
 - 25 Witty one
 - 26 Coquettish
 - 27 Scot's hat
 - 28 Deli bread
 - 29 Longing
 - 31 To and —
 - 34 Eye-related
 - 35 Forum garment
 - 36 Second person
 - 37 Intertwine
 - 39 Senior member
 - 40 Soap brand
 - 41 Advantage
 - 42 Drill
 - 43 Front of a ship
 - 44 Snare
 - 45 Irritate
 - 46 New Haven campus
 - 48 Pair



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MAGIC MAZE • FOUND BY DIGGING

F A X V T Q O M J H F C A Y E
W U S R P N L J H S F D B Z L
X V T L R Q O M D K I H F D U
B Z Y W I V S N O T T U B T S
S R Q O N S O L Y R E T T O P
D G K I E M S T C A F I T R A
H L N N (ARROWHEADS) C
F C O I N S D C F A Z X W V E
U B D G R S M U M M Y E N O M
R Q L L U K S R E B M A H C I
O N M K J I H E R U S A E R T

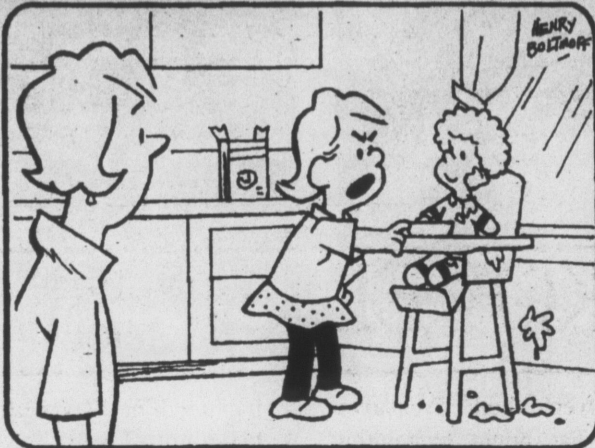
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: HEAD OF A SKELETON

- | | | | |
|------------|----------|---------|--------------|
| Arrowheads | Chambers | Gold | Rings |
| Artifacts | Coins | Money | Time capsule |
| Bones | Diamonds | Mummy | Treasure |
| Buttons | Fossils | Pottery | |

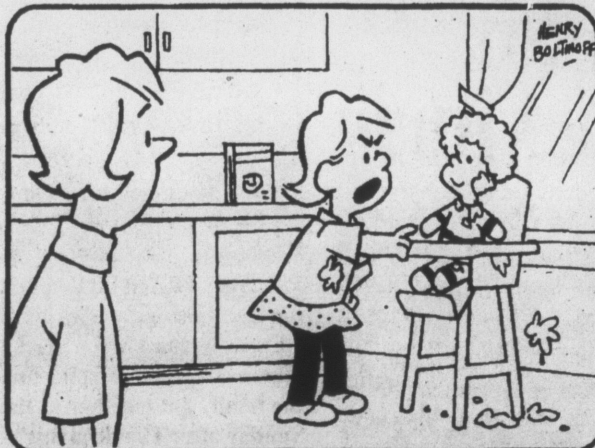
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HOCUS-FOCUS

BY HENRY BOLTONOFF



Find at least six differences in details between panels.



Differences: 1. Earring is missing. 2. Box is closed. 3. Doll's collar is different. 4. Cabinet handles are added. 5. Mom's dish is missing. 6. Girl's shirt is stained.

Trivia test

by Fifi Rodriguez

1. TELEVISION: What kind of pet did Robert Blake have on the 1970s series "Baretta"?
2. MOVIES: Which 2002 movie tagline was, "With great power comes great responsibility"?
3. GEOGRAPHY: Which Balkan nation's capital is Sophia?
4. GENERAL KNOWLEDGE: What day of the week did the ancient Romans refer to as "dies Saturni"?
5. LANGUAGE: What is the word that stands for "N" in the NATO phonetic alphabet?
6. U.S. STATES: Which state features a body of water named Lake Lanier?
7. HISTORY: When did World War II begin?
8. MEDICINE: What is trepanning?
9. U.S. PRESIDENTS: How many days did William Henry Harrison serve as president of the United States?
10. ANATOMY: What is the largest part of the human brain?

Answers

1. A cockatoo named Fred
2. "Spider-Man"
3. Bulgaria
4. Saturday (Saturn's Day)
5. November
6. Georgia
7. Sept. 1, 1939
8. Making holes in the skull to relieve pressure
9. 32
10. Cerebrum

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3 4 5 8 4 3 7 4 7 5 8 3 8
E S L D U X Y C O O U U T
2 4 3 2 4 5 3 5 3 6 8 3 2
T C D A E V E E C L I O K
6 3 8 5 3 5 7 6 4 2 5 3 7
I N E E F N U F S E D I A
3 7 3 2 8 7 2 6 4 8 7 4 5
D R E F S E I E S R W H U
6 2 6 8 3 2 3 4 6 4 8 5 7
I R S E N M C A G S D R O
8 4 6 7 3 7 2 5 2 8 6 5 4
E T O R E T S E T F O S E
2 8 7 4 7 4 8 6 4 8 2 8 2
A I H N Y E N D D E N D D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) You might feel that you have all the answers right now. But it might be wise to listen to other ideas before you decide to close the lid on other possibilities.

TAURUS (April 20 to May 20) Bovines give and expect loyalty, so it might not be easy to reconcile with someone you feel let you down. Why not ask a neutral party to set up a clear-the-air meeting?

GEMINI (May 21 to June 20) Anticipating the holidays with family and friends fuels your must-do Gemini energies. But try to pace yourself so you'll be up for whatever comes along later.

CANCER (June 21 to July 22) More background information might come through regarding a decision you expect to make. Be sure to check the source carefully before you move.

LEO (July 23 to August 22) The strong, nurturing nature of the Lion comes through this week as you reach out to family and friends in need of your warm and loving support.

VIRGO (August 23 to September 22) A relationship that has almost totally unraveled could be close to being restored with more effort on your part to be more patient and less judgmental.

LIBRA (September 23 to October 22) Your sense of fair play is strong this week, which can cause a problem

with a longtime relationship. But in the end, you'll know what decision to make.

SCORPIO (October 23 to November 21) You might not know all the facts behind an unwelcome development, so keep that Scorpion temper in check and resist lashing out at anyone.

SAGITTARIUS (November 22 to December 21) This is a good time to reinforce relationships -- family, friends, colleagues -- that might have been overlooked in recent years.

CAPRICORN (December 22 to January 19) Family situations continue to thrive. Business associations also improve. Some holiday plans might have to be shifted. Be flexible.

AQUARIUS (January 20 to February 18) Avoid any influence of negative energy in this week's aspect by not allowing small problems to grow into large ones. Work them out immediately.

PISCES (February 19 to March 20) A friend might need advice on how to deal with a challenge to his or her moral values. And who better than you to give the honest answer? Good luck.

BORN THIS WEEK: You have a sense of adventure that inspires others to follow your lead.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: U equals B

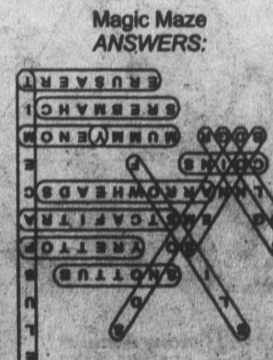
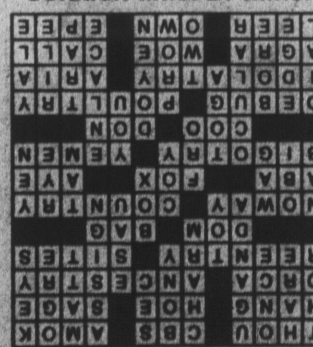
L PCXXIPG FIC OLDNM ESKK MNG
XGHPV LV ENSHDG IR S HIUUGHF
MNG EIOOSVZGH-LV-MNLGR.

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King Crossword

Answers

Solution time: 21 mins.



Magic Maze ANSWERS:

CryptoQuip answer

Suppose you might call the person in charge of a robbery the commander-in-chief.

D
E
C

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Here are some more autoantonyms:

Super Crossword

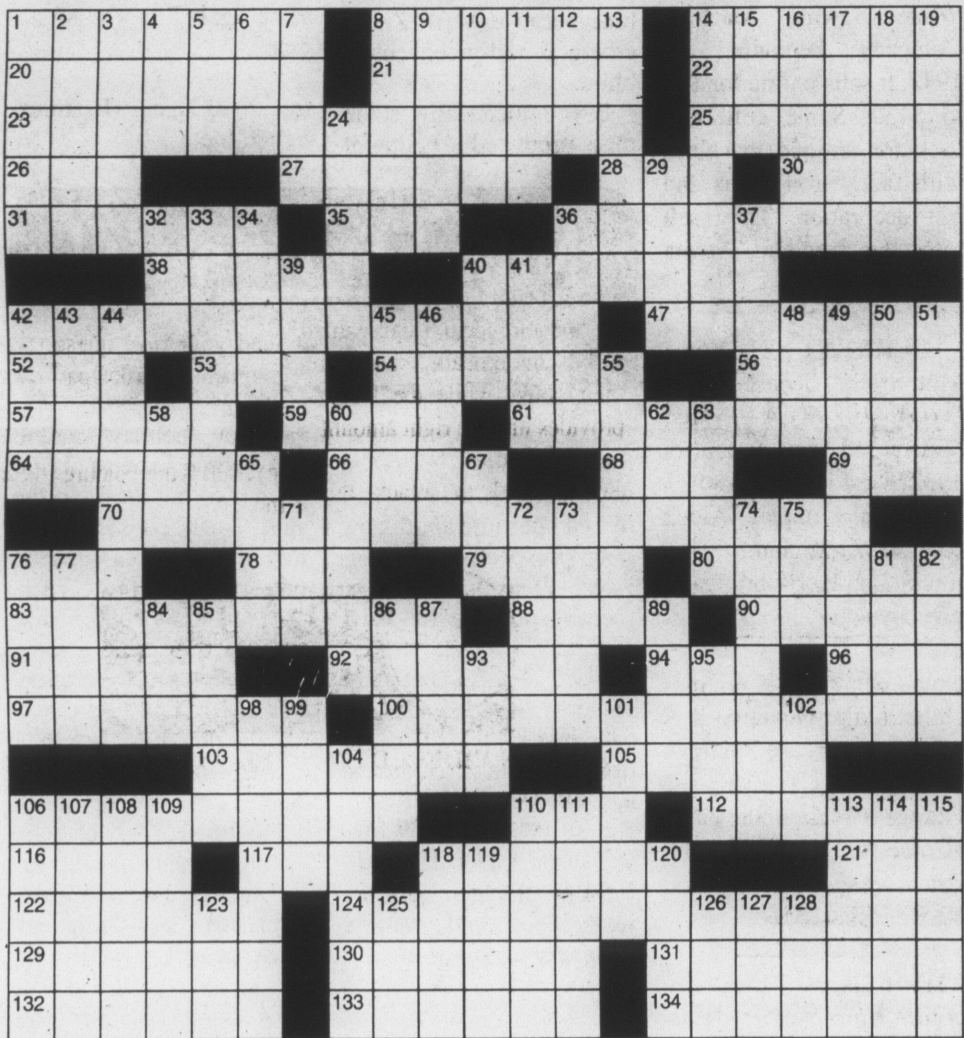
PUZZLING-LY

ACROSS

- 1 Like many announcers' private side comments
8 Glistening
14 Give a cue to
20 Sounded like a frog
21 Durbin of old Hollywood
22 Worrier's cry
23 Deeper level of longing?
25 Walk like a little 'un
26 Coll. website suffix
27 Slandered really badly
28 "Uh-uh"
30 Legal claim
31 White water whereabouts
35 Give it a go
36 Place to bathe on the grass outside a house?
38 "Marvy!"
40 They cause actions
42 Really boring chairs, desks and tables?
47 Two-grid vacuum tube
52 Cry to a matador
- 53 Manning of the Giants
54 Far-off
56 Of charged particles
57 Extreme type
59 Lysol target
61 What 1066 is famous as?
64 Territory split in 1889
66 Pertaining to
68 Bad, to Jules
69 Viral malady
70 "Allow me to provide a leavening agent, if nothing else?"
76 Blvds. and
78 China's Long March leader
79 Aquatic bird
80 — Leone
83 "Pray that I find some cool gross stuff!"
88 Isle of Man man, e.g.
90 Scout unit
91 — pittance (hardly any)
92 Garage job
94 Atop, to bards
96 Short snooze
- 97 Bit of voice mail
100 Hankerings to take pictures of small and distant objects?

DOWN

- 1 Earthy color
2 Artist Kahlo
3 Mist over
4 — jongs
5 Mamie's man
6 Plunk lead-in
7 Häagen-Dazs rival
8 Storied fireman Red
9 Microbe-ridden
10 Byway
11 Camelot wife
12 Raggedy —
13 — opus
14 Road hazard
15 Sorority "P"
16 In a curious way
17 Word before circus or blitz
18 More ashen
19 Latest thing
24 Singer John
29 Be next to
32 Small hotel
33 Conquers
34 Writer
35 Bellow
36 Connect with
37 Match well
39 Duo + one
40 Tally a-total
41 1982 Disney cyberfilm
42 — better believe it!
- 43 Penne — vodka
44 Sloppy smooches
45 Wry twisting
46 — Haute
48 Acuff of song
49 Like a swap
50 Radio tuner
51 Hose color
55 Otter's kin
58 "Bosh!"
60 Go extinct
62 Bub
63 "Tis so sad" —
65 "You lookin' —"
67 Nosh
71 Stable stock
72 Seamless transition
73 Von — family ("The Sound of Music" clan)
74 — oxide (anesthetic)
75 The, to Hans
76 Emulated a fish
77 1 p.m. is one
81 Horse color
82 iPad downloads
84 Oct.'s 744
85 Union general
86 Darling type
87 Bodily joint
89 Aquatic bird
- 93 Lofty trains
95 Tall volcano in Sicily
98 Groups of geese
99 Dubliner's land-
101 Model Klum
102 Dog's bark
104 Key in anew
106 Give in (to)
107 Nixon veep
108 See
117 Across
109 Dryly comical
110 In the vicinity
111 Not as risky
113 Kagan of justice
114 Romero of "Batman"
115 Work's name
118 Lasting mark
119 Related (to)
120 Take a pic of
123 — Abner
125 Legendary coach
126 Three, in Bari
127 D.C. winter hrs.
128 Remote button abbr.



Celebrity extra

by Dana Jackson

Q: When is the new "Wonder Woman" movie coming out? Will it be in theaters or just pay-per-view at home? I really want to see it on the big screen. I miss going to the movies.

A: Some cinemas are still open across the country, but there aren't many new releases. Many are showing re-releases with limited seating. "Wonder Woman 1984," again starring Gal Gadot in the title role, was originally set to premiere last December. Since then the film has had six release dates, with the latest being Dec. 25, 2020, both in theaters and available for streaming for up to 30 days for HBO Max subscribers.

As you can gather from the title, "Wonder Woman 1984" is set in the 1980s. In this sequel, the golden-las-so-swinging superhero faces two new adversaries: Cheetah, played by Kristen Wiig ("Saturday Night Live"), and Max Lord, played by Pedro Pascal ("Game of Thrones," "The Mandalorian").

Q: I love the thrilling mystery series "The Fall" with Gillian Anderson. When will the second season air

on TV? -- B.B.

A: The British-Irish crime procedural series starring Gillian Anderson ("X-Files") and Jamie Dornan ("Fifty Shades of Grey") as the serial killer she's pursuing is now airing on the Ovation cable channel in the U.S. Like most British shows, the number of episodes each season is very limited, just five to six each. It's kind of like watching a little miniseries and doesn't drag on long past its prime. "The Fall" earned much praise during its run. Ovation just began airing the second of three seasons this month. The third and final chapter is scheduled to air in the first quarter of 2021. If you're a fan of Anderson's, be sure to check her out in the new fourth season of "The Crown" on Netflix, in which she plays British Prime Minister Margaret Thatcher.

Q: My sister and I have a luncheon bet based on your answer. Did Ron Howard star in the film "The Music Man" with Shirley Jones and Robert Preston before he was a regular on "The Andy Griffith Show"? -- M&E in Spokane

A: Before he became an Oscar-winning film director ("A Beautiful Mind"), Ron Howard was an actor. I remember him as teenager Richie Cunningham on the sitcom "Happy Days," but before that he was one of Hollywood's most employ-



Gal Gadot in "Wonder Woman 1984"

Photo credit: Warner Bros.

able child actors and went by the name of Ronny Howard.

Ronny was just 8 years old when he sang a cute but off-key rendition of "Gary, Indiana" in "The Music Man" (1962). He'd started playing little Opie Taylor on "The Andy Griffith Show" in 1960 and continued until 1968. The youthful-looking Howard played Richie Cunningham on "Happy Days" from age 20 to 30.

He first gained prominence as a director with the mermaid love story "Splash," starring Tom Hanks and Darryl Hannah, and he hasn't stopped since. His daughter, Bryce Dallas Howard, is following in his footsteps, starting out as an actress and has now begun directing.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-----------|---------------------|-----------|
| 1. Financier | ___ N ___ | Carnival announcer | ___ R ___ |
| 2. Drew or Reagan | ___ C ___ | McPhee or Poppins | ___ N ___ |
| 3. Concord | ___ E ___ | Georgia fruit | ___ H ___ |
| 4. Acquire knowledge | L ___ | Long for | Y ___ |
| 5. More secure | ___ I ___ | Old MacDonald, e.g. | ___ A ___ |
| 6. Drawn from the tap | ___ A ___ | Wander aimlessly | ___ I ___ |
| 7. Card game for four | ___ H ___ | Watchband locale | ___ R ___ |
| 8. Inglenook | ___ H ___ | Hale | ___ Y ___ |
| 9. Waist garment | ___ S ___ | Trumpet's kin | ___ N ___ |
| 10. Ladle | ___ P ___ | Become light-headed | ___ W ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

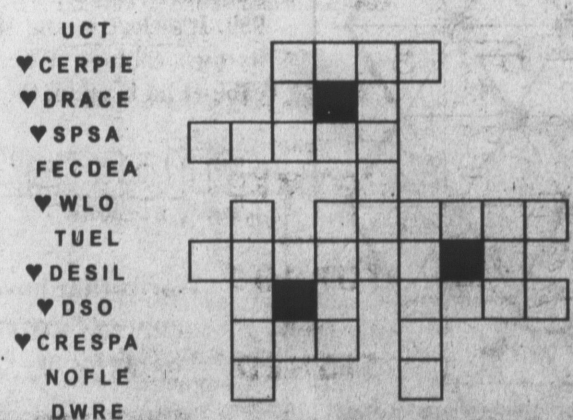
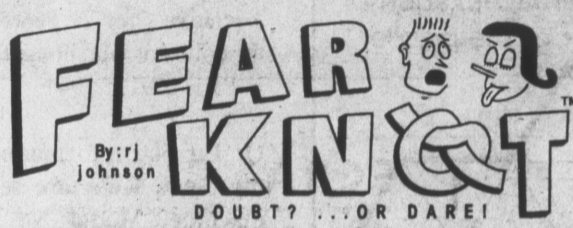
Answers



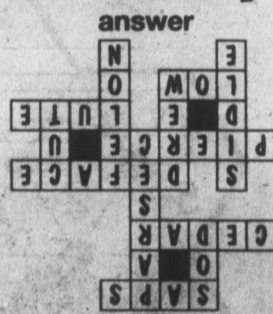
Even Exchange

answers

- | | |
|-------------------|-------------------|
| 1. Banker, Barker | 5. Firmer, Farmer |
| 2. Nancy, Nanny | 6. Draft, Drift |
| 3. Peace, Peach | 7. Whist, Wrist |
| 4. Learn, Yearn | 8. Heath, Hearty |
| 9. Corset, Comet | 10. Spoon, Swoon |

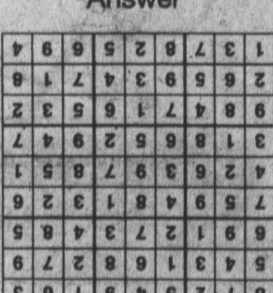


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



D
E
C
3

2
0
2
0

Amber Waves



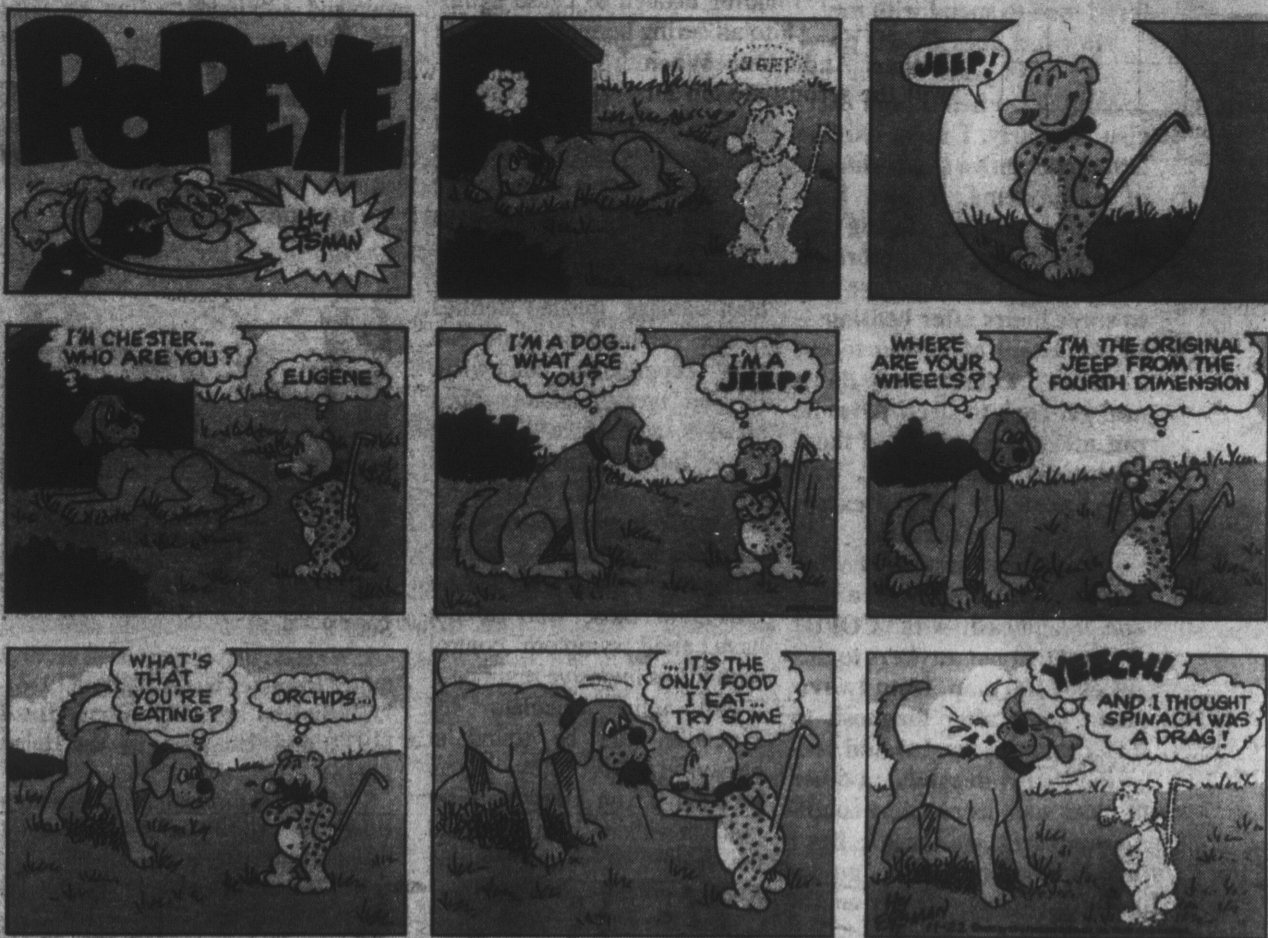
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Brawl
TABLET

Mode
HOTMED

Potent
TURBOS

Create
SIGNED

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	3	1	4	4	2
4	2	3	3	6	5
4	5	4	1	4	3
5	1	6	1	1	2
3	6	4	2	4	4
6	1	2	4	5	6

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Cat-Scratch Fever Leaves Sofa in Shreds

DEAR PAW'S CORNER: My new cat, "Corky," is absolutely shredding the fabric legs of my sofa! I buy plenty of toys for him, so why is he so attracted to my expensive furniture? -- Leo in Little Rock, Arkansas

DEAR LEO: Welcome to cat ownership! Shredded furniture frequently comes with the territory. But please don't think I'm telling you to get used to it. This is a common problem.

You will find plenty of advice online on ways to stop your cat from scratching up all of the vertical surfaces in your house. Cats adore fabric sofas; they are ideal because the wood underneath sharpens their claws while the fabric provides just the right amount of resistance.

You'll need to attack this

problem from a few angles. First, by teaching Corky not to scratch furniture. Put a scratching post next to the sofa. When he reaches up to the sofa leg, gently reach under his paws and lift them up and away. Then, place Corky in front of the scratching post and pet him. Repeat this every time.

A faster way to stop the problem is to shake a can of coins or hiss loudly, but this is negative reinforcement that provides no alternative for his scratching. And cats need to scratch! Once Corky starts going to the scratching post first, gradually move the post away from the sofa.

To save your sofa fabric during this time, cover it with a thick layer (or multiple layers) of plastic sheeting either stapled or duct taped into place. The added benefit is that plastic is not a pleasurable scratching material, so Corky will eventually start ignoring it.

Send your tips, questions or comments to ask@pawscorner.com.

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TOP TEN VIDEO, DVD for release week of Nov. 30, 2020

- Top 10 Video Rentals
1. Bill and Ted Face the Music (PG-13) Keanu Reeves
 2. Antebellum (R) Janelle Monae
 3. Spell (R) Loretta Devine
 4. An Imperfect Murder (R) Sienna Miller
 5. Recon (NR) Alexander Ludwig
 6. Battle of the Bulge: Winter War (NR) Tom Berenger
 7. Home Alone (PG) Macaulay Culkin
 8. Ava (R) Jessica Chastain
 9. Chick Fight (R) Bella Thorne
 10. Elf (PG) Will Ferrell

Top 10 DVD, Blu-ray Sales

1. Mulan (2020) (PG-13) Disney
 2. Harry Potter Complete 8-Film Collection (PG-13) Warner Bros.
 3. The Grinch (PG) Universal Pictures
 4. Scoob! (PG) Warner Animation
 5. Sonic the Hedgehog (PG) Paramount
 6. Trolls World Tour (PG) Universal/DreamWorks
 7. Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn (R) Warner Bros.
 8. Jumanji: The Next Level (PG-13) Sony Pictures
 9. Joker (R) Warner Bros.
 10. Frozen II (PG) Disney
- Source: Comscore/Media Play News

Hitori answer

6	1	2	4	5	6
4	4	2	4	4	3
5	1	6	1	1	2
4	5	4	1	4	3
4	2	3	3	6	5
4	3	1	4	4	2

SCRAMBLERS
Today's Word
1. Battle; 2. Method; 3. Robust; 4. Design

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MORE FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Were you pressured to spend Thanksgiving not with a whole passel of siblings, cousins and in-laws but at home isolating with the members of your household? Well, thank you. Whether you are relieved or saddened by the current state, we're all doing our part and making sacrifices. It will get better.

To do my part, I'm offering you a slate of films that feature an isolated main character. Not to make you sad, but for some commiseration, if you will. Whatever your current situation, you haven't been accidentally left behind on Mars, so you have to feel good about that!

127 Hours — Director Danny Boyle's riveting depiction of one man's adventure turned wrong: Mountaineer Aron Ralston (James Franco) is hiking in remote Utah and his arm is pinned by a boulder. He spends five days trapped, facing exposure and dehydration, before confronting his worst-case choice: cut off his own arm or remain trapped and die.

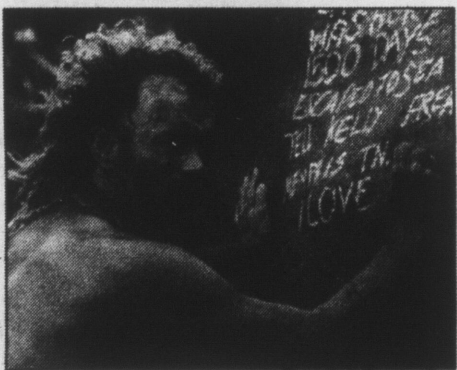
Cast Away — Tom Hanks (and a volleyball) star in this survival drama from director Robert Zemeckis. FedEx exec Chuck (Hanks) is washed up on a deserted island when his plane crashes en route to a post in Malaysia. He learns to survive and remains put for years with only his trusty companion Wilson, the aforementioned volleyball.

Life of Pi — In a lush sea fantasy by director Ang Lee, Pi, the son of zoo owners, is the sole survivor of a shipwreck — he and a Bengal tiger — spending months adrift on an unforfeiting expanse of ocean.

Locke — You have to be Tom Hardy

to pull this film off. Hardy stars as Ivan Locke, a construction engineer who is on the eve of a superimportant job and who finds out rather unexpectedly that a one-night stand resulted in a child to be born that night. He undertakes a drive to London to be with the mother. How much can change over a long drive? Turns out, a lot.

The Martian — Matt Damon stars as astronaut Mark Watney, who is inadvertently left behind at a base camp on Mars when the mission crew must vacate the planet. He doesn't have enough supplies, he doesn't have any tools to communicate with Earth. But he's got jokes and some starter potatoes!



Tom Hanks in "Cast Away"

Wild — A divorced woman (Reese Witherspoon) decides to run into the wilderness and hike the Pacific Crest Trail despite any significant experience hiking. Ahead of her is a difficult but rewarding journey.

The Road — Viggo Mortensen and Kodi Smit-McPhee are just a guy and his son facing danger every moment in a post-apocalyptic wasteland. There is no one to trust, no food and safe spaces are hard to come by. Based on the soul-crushingly sad book of the same name by Cormac McCarthy.

I Am Legend — Will Smith is a singly unique man — a scientist who is immune to a virus that has wiped out mankind, turning most of the remaining inhabitants into mutants who come out only at night.

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Puzzles4Kids

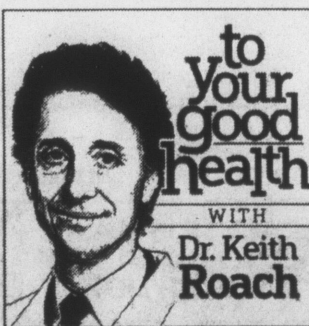
by Helene Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT DO YOU CALL SNOWMEN THAT DON'T TELL THE TRUTH?

LESSER	REELS	FATHER	EARTH
BENSON	BONES	CARHOP	PORCH
HOARSE	HARES	TALKER	LATER
NEWEST	TEENS	PRESTO	SPORT
		DASHES	SHADE



Questions About COPD

DEAR DR. ROACH: I was diagnosed with COPD a year and a half ago and have several questions. I seem to be unable to get answers from my pulmonary doctor, as he is always busy and doesn't have a lot of time to spend with me.

How fast does COPD progress? I'm 78 years old, in reasonably good health and exercise regularly. I have chronic bronchitis with a slight amount of emphysema. I had been coughing a little during the day, had mucus in the morning and coughed at night for two to three hours after bedtime -- to the extent of having to use a rescue inhaler to settle down and get back to sleep. After he put me on Trelegy, all of those symptoms disappeared, and I feel perfectly normal except for shortness of breath.

My other question is what is the life expectancy of a person diagnosed with COPD? I've read about answers to this all over the map, from two or three years after diagnosis to 15 or more years. I would presume that it depends on other factors such as physical condition, exercise, weight, etc. But I would like some kind of guideline for someone in my condition. -- T.J.

ANSWER: There are two major types of chronic obstructive pulmonary disease: chronic bronchitis, where the primary problem is productive cough; and emphysema, which is destruction of the small airways. Shortness of breath is a common feature of all types of COPD.

Puzzles4Kids

Answer

EDVHS	S	SEHSO
SPORT	E	PRESTO
LATER	K	TALKER
PORCH	A	CARHOP
EARTH	F	FATHER
TEENS	M	NEWEST
HARES	O	HOARSE
BONES	N	BENSON
REELS	S	LESSER

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Bacon and Tomato Party Cups

I think I get almost as many requests for holiday finger-food recipes as Santa does for gifts! While I can't guarantee what you'll find under your tree, I can assure you that this recipe is perfect for just about any special festivity you'll host or attend this season.

- 1 (7.5 ounce) package refrigerated buttermilk biscuits
- 1/4 cup bacon bits
- 1/4 cup finely chopped onion
- 1 cup peeled and chopped fresh tomatoes
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free mayonnaise
- 1 teaspoon dried basil

1. Heat oven to 375 F. Spray 20 wells of 2 miniature muffin pans with butter-flavored cooking spray. Separate biscuits and cut each in half. Press each half into prepared muffin wells.

2. In medium bowl, combine bacon bits, onion, tomatoes and Cheddar cheese. Add mayonnaise and basil. Mix well to combine. Spoon about 1 tablespoon mixture into each biscuit "cup."

3. Bake for 18 to 22 minutes. Place muffin pans on wire racks and let set for 5 minutes. Remove muffins from pans, and continue cooling on wire rack. Good warm or cold. Makes 10 (2 each) servings.

• Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 447mg sodium, 1g fiber; Diabetic Exchanges: 1 starch.

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1. Who was called the "Godfather of Soul"?
2. What do these songs have in common: "Rumble" by Link Wray (1958), "Apache" by Incredible Bongo Band (1972) and "Eruption" by Van Halen (1978)?
3. Name the group that had an album titled "Freeze-Frame." Hint: The hit "Centerfold" was on that album.
4. Who sang "Christmas Don't Be Late"?
5. Name the song that contains this lyric: "Just five hundred dollars and they'll set us free, I couldn't raise a penny if ya threatened me."

Answers

1. James Brown. He was among the first inductees into the Rock and Roll Hall of Fame in 1986.
2. They were all instrumentals. Instrumentals have a wide fan base, and nearly every music magazine has their own list of faves.
3. J. Geils Band. The album came out in 1981 and the song followed months later.
4. The Chimpunks, Theodore, Simon and Alvin, in 1958. Ross Bagdasarian (aka David Seville) recorded the song himself and then played it at higher speeds to create the chipmunk voices.
5. "Tijuana Jail," by the Kingston Trio in 1959. A group of guys head for Mexico to drink and gamble. When they're arrested, they don't have cash for bail.

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Contract Bridge

FAMOUS HAND

South dealer.
Both sides vulnerable.

NORTH

♠ 9
♥ 5 4 3
♦ A K 9 7 6 5 4
♣ 5 4

WEST

♠ A Q 10 7 5 2
♥ J 10 6
♦ J 2
♣ J 10

EAST

♠ K J 8 6 4 3
♥ Q 2
♦ 10
♣ Q 9 7 3

SOUTH

♠ —
♥ A K 9 8 7
♦ Q 8 3
♣ A K 8 6 2

The bidding:

South	West	North	East
1♥	1♣	2♦	4♣
5 NT	Pass	7♦	7♣
Dble			

Opening lead — five of hearts.

It is difficult to visualize a national team-of-four championship with hundreds of teams participating. Yet that is precisely what happens every year when the American Contract Bridge League conducts its annual Grand National Teams tournament.

Eventually, after many months of play, the field is reduced to two survivors playing for the national championship. That was the scenario back in

1977, when a group from Texas and another from Washington, D.C., faced off in a 96-deal match.

The Texas team won that year's event but did not exactly overwhelm its opponents. The final score was Texas 100 (International Match Points), Washington 99! Considering the number of deals played, this was a remarkably low score, reflecting a very high caliber of play by both sides.

The bidding shown here is typical of the excellent form shown by the two teams. At both tables, South employed the Grand Slam Force convention by leaping to five notrump after North had bid two diamonds over West's one-spade overcall.

Five notrump asked North to bid seven diamonds if he had two of the three top diamond honors. Both Norths dutifully bid seven diamonds, and there is no doubt that they would have made the grand slam and scored 2,140 points had the bidding ended then and there.

But at both tables, East-West refused to quit at this point! Both Easts bid seven spades, convinced that they would lose less points at that contract — even though doubled and vulnerable — than they would if they allowed North to play seven diamonds. Both East-West pairs then went down five, losing "only" 1,400 points instead of 2,140, and the deal was a washout!

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by Steve Becker

D
E
C

3

2
0
2
0

Thank You To All Benefactors Of Saint Yves School, Haiti

By MARIE DENISE
FABIEN

Greetings and Happy Thanksgiving to all. We hope that this article finds you all in good health. We give thanks to the Lord for all the benefactors of Saint Yves School Haiti. We also thank God for all the Quincy residents who survived the pandemic in 2020.

In 1621 the pilgrims who were immigrants fleeing religious persecution celebrated the first Thanksgiving in North America after suffering painful loss of lives. They did so united with the people originally living in the land, in a spirit of unity, family friendship and love. Today, we celebrated Thanksgiving after losing many lives because of violence and over 235,000 people in the U.S. due to the pandemic. Let us pause a moment in memory of all those victims. May they rest in peace.

For this reason, in 2020, our annual fundraiser did not take place. It is our most important source of annual income for the school since the 2010 earthquake which ravaged Haiti and destroyed St. Yves School. The annual fundraiser helps us collect funds for the on going rebuilding of the school, as well as helping the teachers and students.

On Aug. 10, 2020, the school - which was closed because of Corona - reopened. It welcomed about 400 children. We are grateful to all the Quincy residents and benefactors of Saint Yves School who tried to locate us, even though we did not have the fundraiser. They sent their donations which enabled us to send school supplies and food for the children at St. Yves School.

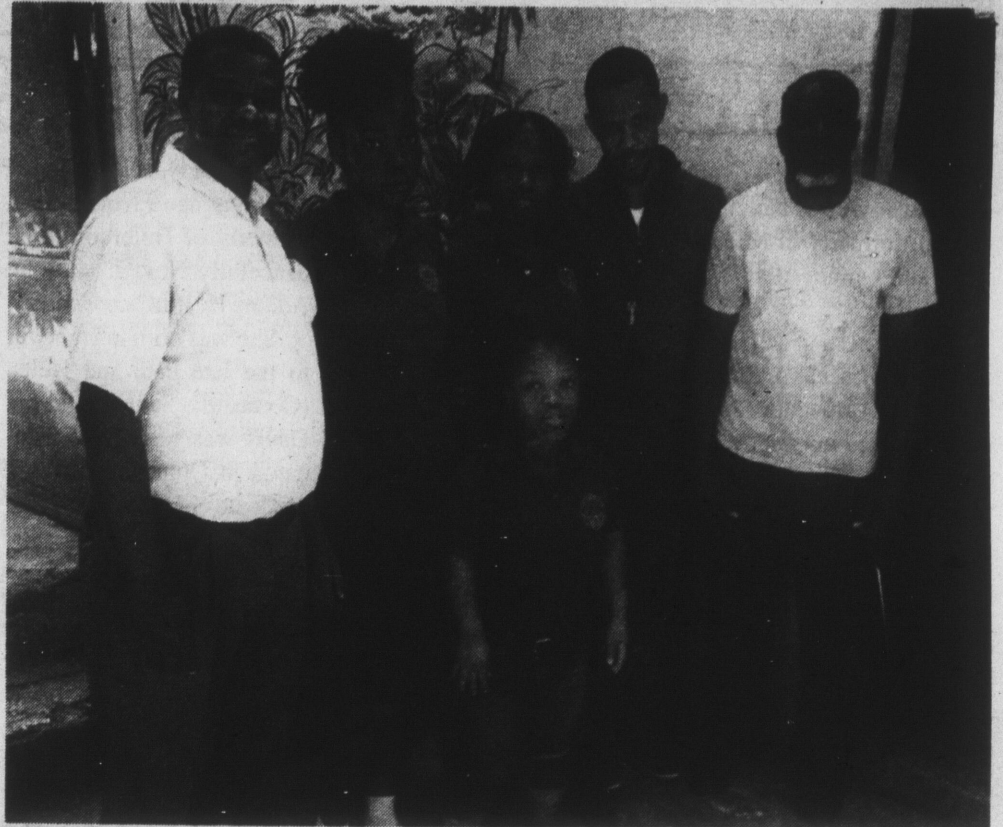
Thanks to them our first, second and third graders are attending school free of charge. May God give our benefactors 100 folds

back. May money locate their houses, bank accounts, phone number and stocks. May the blessing of the Lord overtake all our benefactors in Jesus's name. We need your support to continue with our endeavor which will change the lives of many students attending St. Yves School for generations to come. Today, thanks to the love and generosity of the Quincy residents, we have two alumni of St. Yves School attending Medical School in Haiti.

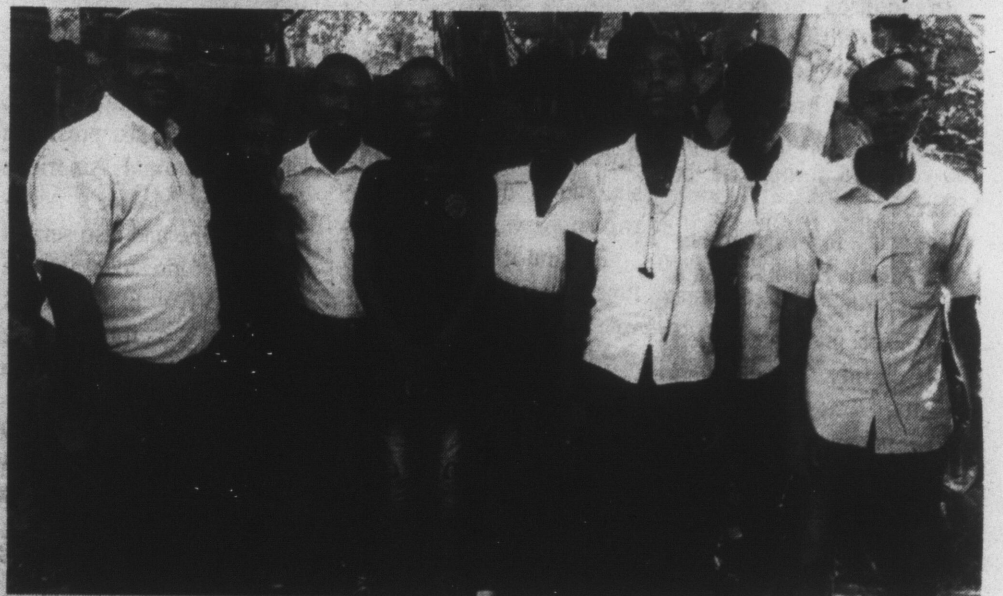
We wish Happy Holidays to all the benefactors of Saint Yves School Haiti especially to Mrs. Gail Macdonald, Mrs. Julie Berberan, Mr. Bob Bosworth and The Quincy Sun, Mr. Jon Calieri, Mr. Mark Crosby, Mr. Joe Catalano, Mr. Bill Hurley, Mr. Chris, Mr. Michael Jarvie, Mrs. Carol, Mr. Ryan, Mr. Andrew Tobin, Mr. Dio Covias, Mrs. Christine LeBlanc, Mrs. Marie O'Connell and all at QATV; CCTV, BNN, Father Perry and B.C. High, Father Finn, Father Jason Macos, Mrs. Susan Bill and the Atlantic Orchestra, Attorney George Burke, Attorney Robert Dolbec, Attorney Jimmy Gavigan, Attorney Collins, the Knights of Columbus, Mr. John and Frank; Amy Comeback Physical Therapy, our friends and benefactors Gordon Conwell Seminary, Dr. Park, Professor Day, Dr. Critchlow Dr. Ward, Mr. Rudy and Mrs. Sara Mitchell, Miss Erica and Mr. Vince Velocity, Mr. and Mrs. Leen, Star Dance Company, Dunkin Donuts, Cathay Pacific, Dominos Pizza, Debbie and Sean Barber Shop, Jim Barber Shop, Pick Of The Litter, Regal Beagle, Roche Brothers, Fratelli's, Kimmarie Hair Salon, Mr. and Mrs. Patel, Miss Amy Brooks, Mr. and Mrs. Setow, Mr. and Mrs. Ann Morash, Mrs. and Mrs. Henry, Finn Henry, Mr. Richard and Mrs. Hel-

en Comeau, Mr. and Mrs. Frank Sweet, Mrs. Sonia Djusra, Mr. and Mrs. Sue and Peter Graceffa, Mr. and Mrs. Elsie Laguerre, Mrs. Yvette and Tony Difelice, Mrs. Cathy Shamus, Mrs. Jojo Costello, Mrs. Marie Dyer, Mr. Joella Sarruda, Mr. and Mrs. Gladys Fernandez, Mr. and Mrs. Rosie Cleary, Mrs. Francesca Frank, Mr. Daniel Kelly, Mrs. Jocelyn Lim, Mr. Tisha Newayoo, Mr. Adler Rene, Mrs. Sharon James, Mrs. Shannon O'Connor, Mrs. Mary Sloan, Mr. Storn Bao, Mr. Xhin Zhao, Mrs. Anne Feeney, Mr. David Dandy, Mr. Paul and Mrs. Natalie Kodad, Mr. Ryan and Mr. Dirmud MacGonagle, Mr. John and Mrs. Lucy Fair, Mr. Charly and Mrs. Edie Donovan, Mrs. Christine and Dr Jeannings, Mr. Larry and Mrs. Leah Shea, Mr. and Mrs. Caroline Valle, Mrs. Rose Myzech, Mr. and Mrs. Flaherty of N. Quincy, Mrs. Denise Reneghan, The Chantey at Marina Bay, Gennaro Eatery, OB's, Mr. Peter Oslon, Mrs. Ruthy Kurns, Mrs. Lucia Campbell, Mrs. Flora, Mrs. Anna Zanelli, Mrs. Ann Hall, Mr. Devere, Mrs. Xia Zhao, Lisa Rene, Mr. Choi Chun, Mrs. Barbara Glad, Mrs. Fernanda Pimentel, Mrs. Alan, Mrs. Lois Charles, Mr. and Mrs. Marie Grace Donahue, Mr. John and Mrs. Jennifer Culp, Mrs. Joan Cahill, Mr. and Mrs. McCarthy, Mrs. Yvonne O'Donovan, Mr. Stephen Bellard, Mr. Kevin Wilbur, Mr. Joe and Mrs. Linda McGee, Mr. George McGrath, Mr. and Mrs. Patricia Cannott, Mr. Gene Raux, Mr. and Mrs. Spill, Mrs. Carol and Juanita Rapucci, Mr. and Mrs. Connor Smith, Mr. Anis August, Donovan Brothers, Mineike, Wendy's, Stop and Shop in Quincy and Southern Artery, Professor Jacques Robert, Jean Louis, Mrs. Bona Nlemba, Grace

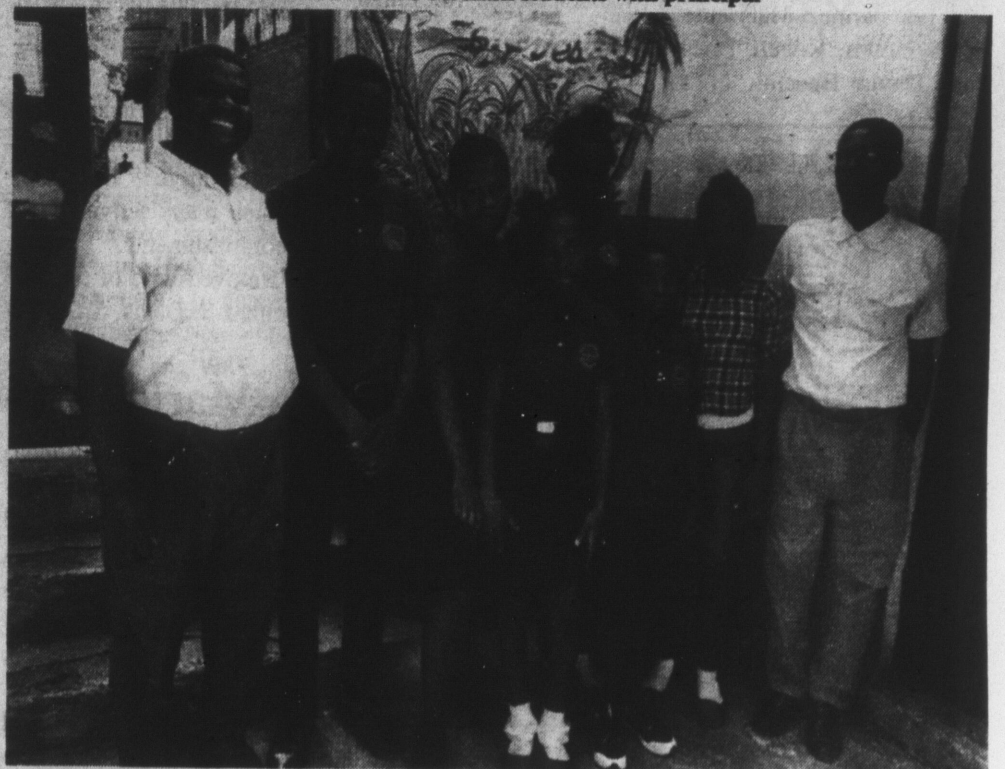
Cont'd On Page 31



PRINCIPAL JACQUES ROBERT Jean Louis of St Yves School in Haiti with some 12th grade students, Assistant Principal Jean Philipp and Professor Bertrand. Courtesy Photos



ST. YVES SCHOOL Haiti students with principal



ST. YVES SCHOOL Haiti students



ELEMENTARY STUDENTS of St. Yves with principal



STUDENTS OF several grades at St. Yves School

OBITUARIES

Joseph L. Buccini, 86

Joseph L. Buccini, age 86, of West Newfield, Maine, formerly of Middleboro and Quincy, died Nov. 17 at home.

He was born in Quincy, to the late Raffael and Yolanda (Cingolani) Buccini. Raised and educated in Quincy, Mr. Buccini was a graduate of Quincy High School, Class of 1953.

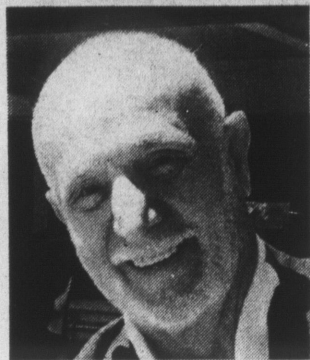
He was the well-known owner and operator of the former Buccini's Mister Sub on Billings Road in North Quincy. Mr. Buccini established the shop in 1972 and operated the business for thirty-five years before retiring in 2007 and moving to Maine.

In addition to being a successful business owner, Mr. Buccini was a jack-of-all-trades and loved spending time working on his 200-year old farmhouse in Maine.

He was a former member of the Adams Heights Men's Club of Quincy.

Mr. Buccini was devoted to his family. He enjoyed spending time with them and supporting their activities and accomplishments.

Beloved husband for sixty-seven years of Gail L. (Purdy) Buccini. Devoted father of Gregory Buccini and his partner Maryanne of Plymouth, Robert Buccini, David Buccini, both



JOSEPH L. BUCCINI

of West Newfield, Maine, Laurie Powers of Holbrook her husband Joseph, and her significant other Lawrence, Lynne Forti and her husband Kevin of Middleboro, Joseph Buccini and his wife Sheila of Palm Harbor, Fla., and Michael Buccini and his wife Kimberly of Mansfield. Loving grandfather of fifteen and great-grandfather of nine. He was predeceased by his siblings, Robert R. Buccini and Gloria J. Fantasia, and is also survived by two nephews and one niece.

In light of current events, funeral services were private.

Memorial donations may be made to the Wounded Warrior Project, P.O. Box 758516, Topeka, KS 66675-8516 or by visiting woundedwarriorproject.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Theresa O. Davis, 93

Theresa Ophelia (Saulnier) Davis, age 93, of Quincy, formerly of Holbrook, died peacefully Nov. 23 at John Adams HealthCare Center.

She was born in Hanover to the late Paul and Helen (Comeau) Saulnier. Mrs. Davis was raised and educated in Quincy and was a graduate of Quincy High School, Class of 1945. She had recently returned to Quincy after living in Holbrook for forty years.

Mrs. Davis was a homemaker but had worked for many years as an assembler for the former Grass Instrument Company and later for the former Semline Book-binding Company in Braintree.

She was a Gold Star wife and mother and was very active in veteran's affairs. Mrs. Davis was a past president of the National American Gold Star Mother's Association. She had also served as district president of the Ladies VFW in Holbrook and was a member of the Gold Star Wives of America and Gold Star Sisters Associations, the Braintree DAV Auxiliary. She was also an honorary member of the Rolling Thunder Motorcycle Association.

Mrs. Davis loved traveling and having been an Army wife. She was dedicated to her family and especially to her much-loved grandchildren and great-grandchildren, supporting all their many activities and accomplishments.

Beloved wife of the late Richard S. Davis, Sr., Mass.



THERESA O. DAVIS

ter Sergeant, United States Army. Devoted mother of Patricia J. "Penny" Ericson and her husband Ronald of Holbrook, Kevin R. Davis and his wife Mary of Holbrook, and predeceased by Richard S. Davis, Jr., SP4, United States Army, Linda J. Giebe, and Paul J. Davis, Sr. Loving grandmother of eight grandchildren, fifteen cherished great-grandchildren, and one great great-grandson. The last of seven siblings, Mrs. Davis is survived by many dear nieces and nephews.

At the request of the family, interment services at the Southview Cemetery in North Adams will be private.

A celebration of Mrs. Davis' life will be held at a later date.

Memorial donations may be made to Vietnam Veterans of America, 8719 Colesville Rd., Suite 100, Silver Spring, MD 20910 or by visiting vva.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Margaret A. Nicastro, 88

Margaret A. "Peggy" (Donovan) Nicastro, age 88, of Abington, formerly of Braintree and Jamaica Plain, died peacefully Nov. 22 surrounded by her loving family.

Mrs. Nicastro was born and raised in Jamaica Plain. She had lived in Abington for fifteen years, previously in Braintree for forty-two years.

A loving mother and homemaker, Mrs. Nicastro's passion was for her family. She was dedicated to her children, especially to her grandchildren and great-granddaughter. She loved spending time with them.

Beloved wife for forty-six years of the late Santino F. "Sonny" Nicastro. Devoted mother of Mary M. O'Keefe and her husband Edward of Brockton, Patricia A. Grady and her boyfriend Stephen McDade of Abington, and Joseph L. Nicastro and his wife Renee of Pembroke. Devoted mother-in-law of Leo Grady. Loving grandmother of Ryan, Jack, Dahlia, Sean, Maggie, Melissa and Anthony. Great-grandmother of Makya Rose. She is also survived by many nieces and nephews.



MARGARET A. NICASTRO

In light of current events, funeral services are private.

Memorial donations may be made to The Wonderfund, a private non-profit that serves children engaged with the Massachusetts Department of Children and Families (DCF). They provide comfort and dignity to children in traumatic situations and enrich childhoods that have been impacted by abuse and neglect. Donations can be mailed to Massachusetts Wonderfund, Inc., 600 Washington Street, 6th Floor, Boston, MA 02111 or by visiting at wonderfundma.org.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

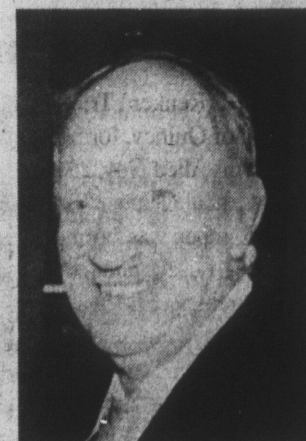
John L. Forbes

John L. (Jack) Forbes of Quincy, formerly of Woburn, died Nov. 24.

Beloved husband of the late Nora Theresa Forbes. Son of the late John J. and Ethel Forbes. Devoted father of John and wife Cindy of East Boston, William and wife Susan of Methuen, Peter and wife Kathleen of Braintree, Ann Sullivan and husband Duane, Mary Galotto and husband Mario, Paul and wife Susie, Joan and husband Jim, Terry Free and husband Mark, all of Quincy, and Michael of East Boston. Brother of the late Joan Logue and husband Joe of Orono, ME and brother in law of Peggy and Sally Donohoe. He is also survived by 34 grandchildren, 20 great grandchildren, many loving nieces, nephews, and friends.

Mr. Forbes was a U.S. Army veteran who served in the Korean War and was a lifetime member of the Disabled American Veterans. He was also a graduate of the University of Missouri and received his Master's Degree from the BU School of Social Work.

He began his career as a group worker at Denison House in Dorchester eventually becoming executive director. Mr. Forbes was also executive director of the East Boston Social



JOHN L. FORBES

Centers for many years. He was well respected in both communities and was a role model and mentor to countless young men and women. Many of them are currently active in community service today.

Mr. Forbes ended his working career as a lead investigator for the Massachusetts Treasury, Abandoned Property Division.

He was a wonderful, caring father and Papa. Mr. Forbes was loved by many.

Memorial donations may be made to Quincy Catholic Academy, 370 Hancock St., North Quincy, MA 02171, or The Jack and Terry Forbes Scholarship Fund, 104 Byron St., East Boston, MA 02128.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Marietta A. O'Connor, 84

Marietta A. (Renda) O'Connor, age 84, a longtime Quincy resident, died peacefully Nov. 21 at South Shore Hospital in Weymouth.

She was born in Chelsea, to the late Mario and Virginia (Manduca) Renda. Raised and educated in South Boston, Mrs. O'Connor was a graduate of Nazareth High School, Class of 1955. She had lived in Quincy for the past fifty years.

As a young woman, she was employed as a medical secretary at New England Baptist Hospital, and later worked as a secretary in the financial industry. Mrs. O'Connor was primarily a homemaker who was devoted to her family.

She was a member of the Braintree Moose Lodge, Chapter 2042 for the past several years. She enjoyed reading, crossword puzzles, and watching old movies.

Beloved wife of the late Thomas X. O'Connor. Devoted mother of Brian P.



MARIETTA A. O'CONNOR

O'Connor and Thomas M. O'Connor, both of Quincy. She was predeceased by her loving brother, Leonard "Sonny" Renda and his late wife Trudy, and is also survived by a niece and nephew.

At the request of the family, funeral services are private.

Memorial donations may be made to the Braintree Moose Lodge, 175 Howard St., Braintree, MA 02184.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.



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Ruth L. Albanese

A funeral Mass for Ruth L. (Cronin) Albanese of Quincy was celebrated Monday in St. Elizabeth's Church, Milton.

Mrs. Albanese died Nov. 21.

She devoted her life to her family, friends, and faith. Mrs. Albanese was an active parishioner at St. Elizabeth's Church in Milton, a former member of their choir, and truly enjoyed playing the piano for family and friends. She was an accomplished watercolor artist and enjoyed traveling. She still kept in touch with her friends, known as the "Odd Squad," and got together regularly. Mrs. Albanese was a kind, intelligent, and generous woman with a great sense of humor. She will be deeply missed by all who



RUTH L. ALBANESE

knew her.

Daughter of the late Neil and Emma (MacDonnell) Cronin. Beloved wife of the late Anthony Albanese. Loving mother of Anne, Elaine, Stephen and his fiancé Rosemary Greene, David, and the late Judy Foley and her surviving husband James. Cherished sister of the late Neil Jr., Mary, John, and Anne. Lov-

ing grandmother of Russell, Lauren, Keryn, Stephen Jr. USAF, Anthony, and Michael USMC and great grandmother of Alana, Jameson, Delilah, Vivienne, Zachary, and Matthew. Also survived by many nieces and nephews.

Interment at Blue Hill Cemetery, Braintree.

Due to the current pandemic, a celebration of life will be held sometime in the near future.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Park Dr., Rockland, MA 02370.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Brenda M. Simone, 62

A funeral Mass for Brenda M. (Morrell) Simone, age 62, a lifelong Quincy resident, was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. Simone died peacefully Nov. 25 in the comfort of her home, with her family by her side, after a courageous battle against cancer.

She was born in Quincy and raised in the Houghs Neck section of Quincy. She was a graduate of Quincy High School, Class of 1977. She earned a certified dental assistant certificate from Boston University School of Dental Medicine in 1978.

Mrs. Simone was employed for many years at Comfort Dental in Weymouth.

She enjoyed spending time with her son, Austin, tanning on Nantasket Beach, and spending time on her



BRENDA M. SIMONE

companion's lobster boat, The Brenda M.

Beloved wife of the late Daniel McDonnell. Devoted mother of Austin F. Simone of Quincy. Cherished daughter of Margaret A. (Hannifin) Leaman and her husband Ronald, John Morrell and his wife Ellen, all of Quincy. Devoted partner for sixteen years of Kevin M. Keohan of

Milton. Dear sister of Catherine Rudolph and her husband Chesley of FL, Sandra Morrell of Quincy, and predeceased by John Morrell, Jr. and Margaret F. "Peggy" Morrell. Step-sister of Michele Hart and her husband Jack of South Boston, and the late Nicole Presente. She is survived by special family member, Margaret Sullivan of Cohasset. Loving aunt of Dylan Rudolph, M.D. of FL, Casey and Morgan Perry of Quincy. Former wife of Richard Simone of Quincy.

Interment at Blue Hill Cemetery, Braintree.

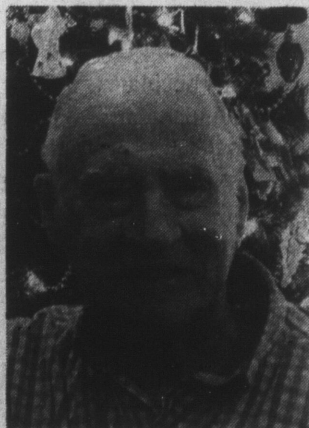
Memorial donations may be made to the Quincy Animal Shelter, P.O. Box 690088, Quincy, MA 02269-0088.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Cornelius Sheehan

Cornelius "Connie" Sheehan, of Milton, originally of Quincy, died peacefully at home Nov. 27 surrounded by his by his loving family.

Beloved husband for 60 years of the late Patricia L. (Hines). Father of Mary Rita Haines and her husband George of Quincy, Neil Sheehan and his wife Ana (Machado) of Milford, Beth and Frank Sheehan of Milton, and Katie O'Brien and her husband Bob of Milton. Loving papa to nine grandchildren and great papa to four great-grandchildren. Loving brother of the late Joan Delahoyde, Marguerite "Peggy" Ladas, and Anna Levergood. Loved



CORNELIUS SHEEHAN

and survived by many nieces and nephews.

Veteran United States Army.

Visiting hours at the Alfred D. Thomas Funeral

Home, Milton, Thursday from 4 to 7 p.m. Due to the current Covid-19 restrictions only 20 guests are allowed in the funeral home at a time, masks are required, and guests should bring their own pens to sign the register book.

A private funeral Mass will be held at St. Agatha Church, Milton, Friday at 11 a.m.

Interment at Milton Cemetery.

Memorial donations may be made to Friends of the Unborn-Quincy, P.O. Box 692246, Quincy, MA 02169 or to the Alzheimer's Assn at alz.org

Ann C. Hebert

A funeral Mass for Ann C. (Wilson) Hebert of Quincy was celebrated Wednesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mrs. Hebert died Nov. 27.

Born Anna Wilson June 15, 1927 in Dorchester. She was the daughter of the late James F. Wilson and Anna C. McAtteer Wilson and sister to Alice, Evelyn, James, Francis and Paul. Ann was the mother of the late Nancy Hebert Connors (husband Joseph), Joan of Wollaston, CA and William of NY. She is also survived by seven grandchildren and two great grandchildren.

Mrs. Hebert graduated from Dorchester High School in 1945. She loved to dance and shared that passion with the love of her life, William J. Hebert whom she married and made a family with. She also taught others to dance,

as an instructor at The Arthur Murray Dance Studio in Boston.

While raising her children, Mrs. Hebert worked in the lunch program in the Quincy school system and as a librarian at the Thomas Crane Public Library. She went on to become the assistant to the vice president of the Hancock Bank and later at The Bank of New England.

She was a champion bowler in league play at The Marymount Lanes. Mrs. Hebert enjoyed performing in church

variety shows, traveling, and was active in the building association at the Tobin Towers Residences. Everybody loved her...and always will.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Old Colony Hospice, 321 Manley St., W. Bridgewater, MA 02379-1022.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Vilma H. Trimper, 89

Vilma H. (Renken) Trimper, age 89, of Quincy, formerly of Sudbury, died Nov. 23 at Boston Medical Center.

Mrs. Trimper was born in Somerville, raised and educated in Quincy. She was a graduate of Quincy High School. She had lived in Quincy for the past nineteen years, previously in Sudbury for thirty-five years.

She was employed as a secretary for the John Hancock Life Insurance Company in Boston for fifteen years. She met her husband, Robert, while working there.

Mrs. Trimper was a long-time volunteer and supporter of The Home for Little Wanderers.



VILMA H. TRIMPER

Most of all, she was devoted to her family, actively supporting their activities and accomplishments.

Beloved wife for fifty years of the late Robert T. Trimper. Devoted mother of R. Christopher Trimper and his wife Maureen of Merri-

mack, N.H., and the late Jacqueline A. Trimper. Loving grandmother of Matthew R. Trimper, Andrew B. Trimper, and Sean C. Trimper. Dear sister of the late Clifford T. Renken, U.S.N., Ret. and his surviving wife Barbara. She is also survived by several nieces and nephews.

At the request of the family, funeral services are private.

Memorial donations may be made to The Home for Little Wanderers, Attn: Development, 10 Guest St., Boston, MA 02135.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

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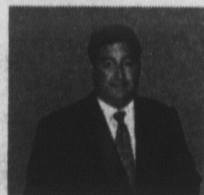
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OBITUARY

Nicholas J. Levins, Jr., 76

A funeral Mass for Nicholas J. Levins, Jr., age 76, of Taunton, was celebrated Wednesday in Holy Trinity Parish at Our Lady of Good Counsel Church, Quincy.

Mr. Levins died peacefully Nov. 25 at the New England Sinai Hospital in Dorchester.

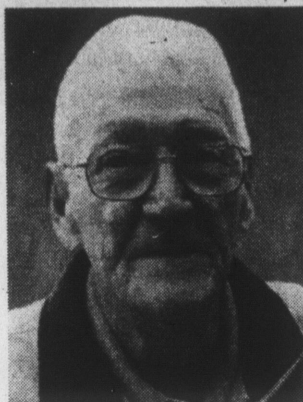
He was born in Dorchester, to the late Mildred (Chapman) and Nicholas J. Levins. Raised and educated in Dorchester, he was a graduate of Boston English High School, Class of 1962. Mr. Levins graduated from Northeastern University in

Boston with a AS in bio-electronics engineering and a BS in industrial engineering. He had lived in Taunton for two years, previously in Hingham for twenty-five years, and earlier in Quincy.

He served in the United States Naval Reserves.

Mr. Levins was employed by the Gillette Company in South Boston for over thirty years. He worked as a project engineer in research and development and retired in 1994.

He was the quarterback of the 1961 Boston City Champions, Boston English



NICHOLAS J. LEVINS, JR.

football team. A lifelong golfer, Mr. Levins had belonged to the Franklin Park Golf Course, Country Club of Halifax, and South Shore Country Club.

Husband of Ann M. (Mitchell) Levins of Quincy. Devoted father of Nicholas Levins, Lt., Q.F.D. and his wife Nichole M. (Walter) of Franklin, Carol (Levins) Lee and her husband Timothy of Taunton, and James M. Levins of Quincy. Loving grandfather of Allison N. Lee and Maggie E. Levins. Dear brother of Patricia (Levins) Fagerberg and Thomas Levins, both of Stoughton, and the late William Levins. Devoted uncle of Catherine (Fagerburg) Homer, Richard Fagerburg, Theresa (Levins) Dietz, David Levins, Karen (Mitchell) Tuplin, Kristin (Mitchell) Crawford, and Kimberly (Mitchell) Lanagan.

Interment at Milton Cemetery.

Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Gloria Federico, 93

Gloria (Brugnetti) Federico, age 93, of Quincy, died Nov. 26.

Born in Milton to Sperandio and Angela Brugnetti, she was raised in Bergamo, Italy, and returned to Massachusetts with her siblings after World War II, at the age of 18. She worked as a seamstress in Boston, before meeting and marrying her husband Dom. Together they raised four daughters in Quincy.

Mrs. Federico was a loving and caring wife, mother, grandmother, and great grandmother. She cooked wonderful meals for her family and friends and enjoyed feeding people, ensuring no one would experience the hunger she had as a child. She enjoyed opera, her chocolates, and all things Italian, and was an avid Red Sox and Ted Williams fan. She also loved children and cherished spending time with her dear granddaughters. In her later years Mrs. Federico found joy teaching Italian to anyone she met.

She was the beloved wife of the late Domenico Federico, to whom she was married for 54 years. She is survived by her daughters, Lorraine Federico of Boston, Marina Meehan and her husband Jack of Marshfield, Julie Federico and her husband Jay Mitchell of Naperville, IL, and Lisa Considine and her husband Jim of San Francisco. She was the proud and doting Noni to Nicole Russell and her husband John, and Marina McDougall and her husband



GLORIA FEDERICO

Mike, all of Marshfield, and "Bisnonna" to Cameron Russell and Leo and Flynn McDougall. She is also survived by her older sister Paulina Boncore of Stoneham, and was predeceased by her baby brother Alfred Brugnetti.

Her smile and laughter will be greatly missed. Special thanks to the wonderful staff at the John Adams Healthcare Center in Quincy for their kindness and care for Mom.

Visiting hours at the Alfred D. Thomas Funeral Home, Milton, Thursday from 9 to 10 a.m. Due to the current Covid-19 restrictions, only 25 guests are allowed in the funeral home at one time. Masks are required and guests should bring their own pens to sign the register book.

The visitation will be followed by a private funeral Mass at St. Agatha Church in Milton, the same church where Mrs. Federico was baptized, at 10:30 a.m.

Interment at Milton Cemetery.

Memorial donations may be made to the Italian Home for Children in Jamaica Plain at italianhome.org.

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P2199EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:

Walter Edward McGinley III
Also Known As:
Mac McGinley
Date of Death:
June 29, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner **Melissa L. Van Gorden of Plymouth, MA**, a Will has been admitted to informal probate.

Melissa L. Van Gorden of Plymouth, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

12/3/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-35

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, December 15, 2020 @ 5:30 P.M. to consider the application of **11-17 NEWBURY STREET, LLC** for a **VARIANCE/SPECIAL PERMIT FLOOD PLAIN/SPECIAL PERMIT/FINDING** to construct a new 5-story, 18-unit residential building in violation of Title 17 as amended, Chapter 4.1.2, Foot Note 2 (dimensional regulations), Chapter 8.1 (flood plain) and Chapter 9.4 (special permit) on the premises numbered **11 NEWBURY STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Dec. 15, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Meeting ID: 948 1799 7796

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 948 1799 7796

Passcode: 632063

Find your local number: <https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

11/25/20, 12/3/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-65

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, December 15, 2020 @ 5:30 P.M. to consider the application of **SHEILA SMITH** for a **FINDING** to reconstruct and extend the existing nonconforming single family residence in violation of Title 17 as amended, Chapter 3.4.5 (non-conforming single and two family structures) on the premises numbered **107-111 DORCHESTER STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Dec. 15, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

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11/25/20, 12/3/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-75

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, December 15, 2020 @ 5:30 P.M. to consider the application of **MINH HUYNH** for a **VARIANCE** to extend the driveway in violation of Title 17 as amended, Chapter 5.1 (parking and paving front yard) on the premises numbered **80 WREN TERRACE, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Dec. 15, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Meeting ID: 948 1799 7796

Passcode: Quincy

Dial by your location

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Meeting ID: 948 1799 7796

Passcode: 632063

Find your local number: <https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

11/25/20, 12/3/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-76

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, December 15, 2020 @ 5:30 P.M. to consider the application of **BONNIE TAN** for a **VARIANCE** to construct a 2.5 story, two-unit townhouse in violation of Title 17 as amended, Chapter 4.2.2 (lot or yard areas), Chapter 4.2.5 (lot size, area and width), Chapter 4.2.6 (minimum frontage and width), Chapter 4.3 (side yard setback), Chapter 4.1 (FAR) and Chapter 5.1.4 (parking setbacks) on the premises numbered **44 PROSPECT HILL STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Dec. 15, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Meeting ID: 948 1799 7796

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 948 1799 7796

Passcode: 632063

Find your local number: <https://zoom.us/j/94817997796?pwd=Qjh3ZWRTamFtL2lRWWEyR1huR2Zldz09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

11/25/20, 12/3/20

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Pub's Suspension Stayed Pending Appeal

By SCOTT JACKSON

A Quincy Point pub will be allowed to stay open pending the appeal of a three-day license suspension to state regulators.

The Board of License Commissioners had ordered the Craic Pub, located at 536 Washington St., to close Dec. 3 through 5 for violating the state's COVID-19 guidelines. That decision has since been appealed to the state Alcoholic Beverages Control Commission.

The licensing board had handed down the suspension on Nov. 10. On Nov. 24, the board agreed to stay the suspension pending the appeal at the request of Ste-

phen Kelley, the owner of the restaurant.

City Clerk Nicole Crispo, the chairwoman of the licensing board, on Nov. 24 said the board has no formal policy on staying suspensions and instead handles them on a case-by-case basis. Said board members who spoke during the meeting said suspensions given previously to other restaurants had been stayed pending appeal and suggested it would be fair to do the same for the Craic.

Health Commissioner Ruth Jones agreed with staying the appeal but expressed concern over the violations of the COVID-19

guidelines.

"It is his right to appeal but I do have concerns over the blatant disregard for the guidelines and it is not fair to other restaurants doing the same thing," she said.

Crispo concurred and stressed the importance of following the rules put in place amid the pandemic.

"I want to be sure due process is followed here," Crispo said, adding that it is important for Kelley to follow the guidelines set by the state because they are in place to protect residents.

"He needs to be mindful of that going forward."

Neither Kelley nor his attorney attended the Nov. 24 meeting, which was conducted remotely via Zoom.

During the Nov. 10 meeting, Jones said her department received multiple complaints about entertainment being offered at the Craic in violation of COVID-19 guidelines. In addition, she said 35 to 40 people were inside the restaurant standing "shoulder to shoulder" on Halloween without masks on.

Kelley disputed those statements during the Nov. 10 meeting and said he goes, "above and beyond to keep people safe."

In other business on Nov. 24, the Board of License Commissioners granted a common victualler license to Jimmy's House of Pizza at 499 Washington St.

The license was issued after Sergio Garcia purchased the pizzeria, which has been open for 30 years, from the previous owners.

Garcia said he was excited to be taking over the restaurant and said he does not plan on making any changes.

"It's simple - if it's not broken, don't fix it," he stated. "It's a neat little place. I'm very excited about."

Garcia said he has worked in a variety of roles in different restaurant, from dishwasher to pastry chef.

The pizzeria will be open 11 a.m. to 11 p.m. seven days a week.

Drive Through Nativity Experience At First Presbyterian Church Dec. 12

First Presbyterian Church, 270 Franklin St., Quincy, will host a Drive Through Nativity experience on Saturday, Dec. 12, from 2 to 4 p.m.

You and your family/friends will be able to see and hear the story of the birth of Jesus from the safety and comfort of your own car. Five stations that begin with the shepherds and ends at the manger will tell the traditional story along with a few fun facts as well.

In this time of shelter-at-home, the church wants to find new ways to share the good news and provide safe activities for people outside

their homes.

For more information, contact the church office at 617-773-5575 or email office@firstpresbyquincy.org.

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P2196EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mary Lou Burlingame
Date of Death:
06/16/2020

To all interested persons:
A Petition for S/A - Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Jessica Pierce of Rockland, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Steven K. Hemingway of Westwood, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 12/23/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: November 18, 2020
PATRICK W. McDERMOTT
Register of Probate

12/3/20

OBITUARY

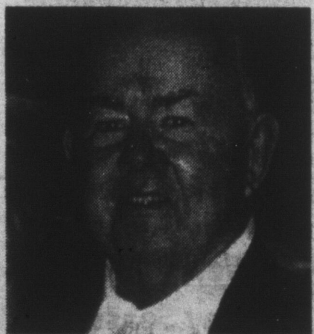
Richard J. Horrigan

A funeral Mass for Richard J. Horrigan of Florida, formerly of N. Quincy, will be celebrated Friday at 10 a.m. at Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Horrigan died Nov. 28.

He loved the time he spent with his family, especially his 14 grandchildren. He enjoyed golfing with his friends in Florida and boating with his friends at Dorchester Yacht Club. Mr. Horrigan was proud of the years spent as a patrolman, motorcycle officer and later detective for the MDC Police. He was intelligent, witty, loving, strong-willed and had a great sense of humor. Even though he was tough and strong Mr. Horrigan possessed a heart of gold and would help anyone in need.

Beloved husband of Diane M. (White) Horrigan of FL. Loving father of Erin Lapsley and her husband David of N. Quincy, Kimberly Indelicato and her husband Mark of Pembroke, Karen Pecararo and her husband Allen of Can-



RICHARD J. HERRIGAN

ton, Richard P. Horrigan and his wife Denise of Braintree, and Shannon Dever and her husband Michael of Pembroke. Brother of Paul Horrigan and his wife Patricia of Westboro, and the late Patricia DiLorenzo and her late husband Frank. Fondly called "The Great Grampy" by his 14 grandchildren. Also survived by many nieces and nephews.

Visiting hours are 5 to 7 p.m. Thursday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Burke Remembers Great Friend Tommy Heinsohn

Attorney George Burke is remembering former Boston Celtic great Tommy Heinsohn as a great friend and teammate.

Mr. Heinsohn died Nov. 10 at the age of 86.

In a release to The Sun, Burke said he and Heinsohn played against each other in college basketball. Burke played for UMass Amherst and Heinsohn for Holy Cross.

"We were teammates on the Boston Celtics and became friends. During the summertime when Tommy Heinsohn was playing for the Celtics, he would come

to the Quincy YMCA with Satch Sanders and K.C. Jones and play on my basketball team," Burke said. "He was a great basketball player and announcer for the Boston Celtics and a dear friend who is missed."

Burke also issued a press release saying he was recently notified by UMass Amherst that his giving history with the college indicates he has given over \$2 million over the years to his alma mater. Burke said he believes in giving back to the school that gave him a wonderful education.

Ceremony Monday Marks 79th Anniversary Of Pearl Harbor

Quincy Veterans Services will hold a ceremony Monday, Dec. 7th marking the 79th anniversary of the attack on Pearl Harbor.

The ceremony will be held at the World War II po-

dium at Mount Wollaston Cemetery beginning at 10 a.m.

Those attending should follow social distancing protocols including wearing a face covering.

EXTENDED YARDWASTE COLLECTION

Due to unusual volume and continued demand the City of Quincy has extended the curbside collection of Yard Waste one additional week.

Yard waste will be collected Monday, December 7, 2020 though Friday, December 11, 2020.

Please place all yard waste curbside on your regular trash day no later than 7:00 A.M.

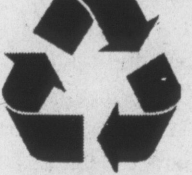
City of Quincy Department of Public Works

THOMAS P. KOCH, MAYOR

ALFRED GRAZIOSO, COMMISSIONER

CLASSIFIEDS

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SERVICES	SERVICES	SERVICES	SERVICES	SERVICES	SERVICES
DERRICKS PAINTING <i>When Quality Counts</i> Interior/Exterior Home Repairs Gutter Cleaning References Available 617-851-1688 Licensed/Insured	KERRY CONSTRUCTION INC. CARPENTRY, GUTTERS, DECKS REPLACEMENT WINDOWS & DOORS SHINGLE & RUBBER ROOFS FULLY INSURED & LICENSED JIM AT 617-825-0592	Be sure to listen to the GP Soccer Podcast! To learn more, call 617-968-1800	IMAGE LANDSCAPING <i>We are committed to your property.</i> QUALITY WORKMANSHIP FOR ALL YOUR LANDSCAPING NEEDS  We Clean it, Trim it, Remove it! 617-471-0044	T & M Landscape Co.  Fall Cleanups Free Estimates 617-733-4554 ~ AFFORDABLE RATES ~	Do You Play Tennis? Memberships available at Quincy Tennis Club Visit Quincytennisclub.com for details & Rates Days # 781-363-3655
Gutter Cleaning Avoid Costly Repairs Later Prices Start at \$95 Insured Call John at 617-775-4601	HANDYMAN Roof Repairs • Vinyl Siding Restoration • Masonry Doors/Windows • Decks • Painting 781-299-4269 Free Estimates - Lic & Ins	 PLEASE RECYCLE THIS NEWSPAPER	HALLS FOR RENT MORRISSETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings • Showers • Christenings • Meetings After Funeral Gatherings	PERSONAL THANK YOU ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA J.D.	J.F. ROOFING Co. QUINCY, MA •Shingles •Rubber •Slate •Copper •Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED

Want to pick up a copy of The Quincy Sun?
 Here are stores in Quincy that sell it on their newsstands:

- | | | |
|---|--|---|
| GOODIE'S STORE
1250 Hancock St.,
Presidents Place | ARTERY GROCERY
1000 Southern Artery | 7-11
721 Hancock St. |
| NEW STORE ON THE BLOCK
1183 Hancock St.,
Quincy Ctr. T Station | 7-11
495 Washington St. | BEALE ST. NEWS AND TOBACCO
17 Beale St. |
| HANCOCK MARKET
1500 Hancock St. | DAIRY FARM
330 Washington St. | CVS
42 Beale St. |
| MIGNOSA'S FRUIT BASKET
138 Granite St. | 7-11
230 Washington St. | COFFEE BREAK CAFE
12 Old Colony Ave. |
| STAR MARKET
130 Granite St.. | STOP & SHOP
Southern Artery | SUPREME LIQUORS
615 Hancock St. |
| WALGREENS
132 Granite St. | CVS
Southern Artery | MULLANEY'S VARIETY
205 W. Squantum St. |
| FRANKLIN ST. BP
60 Franklin St. | 7-11
650 Adams St. | STOP & SHOP
65 Newport Ave. |
| 7-11
78 Franklin St. | VILLAGE COMM. MARKET
100 Willard St. | 7-11
363 Hancock St. |
| SHOP N SAVE LIQUORS
20 Independence Ave. | COPELAND LIQUORS
273 Copeland St. | WALGREENS
324 Hancock St. |
| DONUT + DONUTS + MUFFINS
33 Scammell St. | GRANITE MART
308 Willard St. | SAM'S VARIETY
125 Billings Rd. |
| PRESIDENTIAL LIQUORS
25 Scammell St. | 7-11
Copeland St. | LUCKY'S WINE & LIQUOR
66 Newbury Ave. |
| ADAMS VARIETY
22 Independence Ave. | JOE'S PLACE
260 Centre St. | ATLANTIC MARKET & LIQUORS
247 Atlantic Ave. |
| DAILY MART
291 Quincy Ave. | CORNER FOOD MARKET
1060 Hancock St. | CARMINE'S CAFE
69 Huckins Ave. |
| ROCHE BROTHERS
The Falls | 200 FOOD MART
200 Sea St. | 7-11
751 E. Squantum St. |
| WALGREENS
418 Quincy Ave. | ADAMS SHORE SUPERMARKET
494 Sea St. | LUCKY SHAMROCK
265 Beale St. |
| WALGREENS
550 Adams St. | PALMER STREET MARKET
231 Palmer St. | EVEREST MARKET
121 Standish Ave. |
| | BERNIE'S GENERAL STORE
1147 Sea St. | 5 CORNER FOOD MART
163 Newbury Ave. |
| | | WEST ELM VARIETY
139 W. Elm Ave. |

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169

PAYABLE IN ADVANCE. Payment must accompany order.

INDEX	RATES	
☐ Services	1 WEEK	☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word.
☐ For Sale	2-4 WEEKS	☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.
☐ Autos	5-10 WEEKS	☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word.
☐ Boats	11 WEEKS OR MORE	☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
☐ For Rent		☐ Enclosed is \$_____ for the following ad to run _____ weeks in
☐ Wanted		The Quincy Sun.
☐ Help Wanted		COPY: _____
☐ Work Wanted		_____
☐ Pets		_____
☐ Lost & Found		_____
☐ Real Estate		_____
☐ Antiques		_____
☐ Flea Markets		_____
☐ Yard Sales		_____
☐ Instruction		_____
☐ Day Care		_____
☐ Personal		_____
☐ Miscellaneous		_____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

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KINDERGARTEN STUDENTS

Photos Courtesy Marie-Denise Fabien



ST. YVES SCHOOL Haiti students in school yard

Thank You To All Benefactors Of Saint Yves School, Haiti

Cont'd From Page 25

L'Or, Mrs. Tita Fabien.

As Cathy Davis wrote "One hundred years from now it will not matter what our bank account was, the sort of house we live in, the kind of car we drove, the clothes or jewelry we wore, yet the world will be a better place because of the Quincy residents who helped change the lives of the children at Saint Yves School in Haiti."

We want happy holidays to all who enable us to enjoy a peaceful time in Quincy. Especially from the leadership of the city from Mayor Koch to all of our friends at City Hall, Mr. Tom Fabrizio, our neighbor Mr. Mark Carey. Happy holidays to our Priests at Divine Mercy Sacred Heart Father Lou Palmeri, Father Stanley, Father Casey; to all our fellow parishioners and neighbors. Happy holidays to all the priests at St. John Parish, who make it possible for us to have the Holy Eucharist, meaning Thanksgiving - the greatest meal of all, exposed in Quincy almost daily. Happy holidays to the sisters of Divine Masters, to the Sisters of Jesus of Jesus of Nazareth and Mother Olga, to all the homeless, to

those living in shelters and addiction houses, to all the first responders, the teachers, the scientists, the veterans, the police officers, Officers Minton, Levine, Kent, Michael Flaherty, the firefighters, the prisoners, those living in addiction houses and nursing homes; the doctors, nurses, and nursing assistants; the restaurants helpers, the waitresses, the cleaners, the garbage takers, our mailman, our delivery drivers and farmers and to all in the photos industry and all living in America including the foreigners. Happy holidays to the volunteers and to our viewers of the call on Quincy Access TV or on YouTube "The Callglobal."

The Saint Yves School Foundation is a non-profit organization. All donations are tax deductible and can be made by sending a check to St. Yves School Foundation at P.O. Box 60 Wollaston, MA 02170, or by making a donation cash or check at Citizen Bank acct # 321934820

With God's help and your help the Saint Yves School is moving forward.

Shalom, Peace, Happy Holidays from Marie-Denise Fabien and St. Yves School, Haiti.

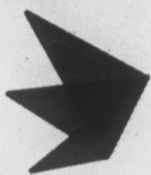


CLASS SPACING during pandemic



EXTERIOR OF THE newly decorated Kindergartners class





Beth Israel Lahey Health
Urgent Care

Urgent care with you in mind

**Beth Israel Lahey Health Urgent Care – Quincy
is now open and conveniently located at
100 Walter J. Hannon Parkway.**

Experience advanced urgent care where all patients are
treated by board-certified emergency medicine physicians
from Beth Israel Deaconess Medical Center.

Monday – Friday, 9 a.m. – 7 p.m.
Saturday – Sunday, 9 a.m. – 5 p.m.

Walk-in or reserve your spot online.
urgentcare.bilh.org/quincy

100 Walter J. Hannon Parkway,
Quincy

If you are experiencing a medical
emergency, dial 911 or visit your
closest emergency department.

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